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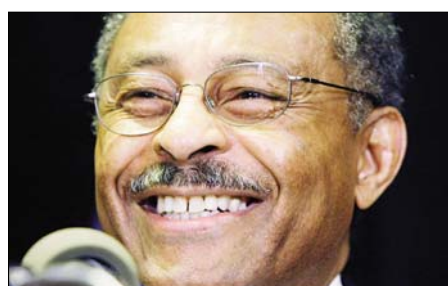
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Tuesday



CHARLES REX ARBOGAST/AP

Roland Burris won Democrats' backing Monday.

Have a Seat: Burris set to join the Senate this week | **4**

Sleep It Off: Research says shut-eye helps prevent colds | **3**



Master Thief: Henderson slides into Hall of Fame on first try | **13**

ENTERTAINMENT

Judgment Day: Kara

DioGuardi joins Simon, Paula and Randy on 'American Idol.' Plus, music from Rokia Traore.

>> **15-19**



In 'Exit Interview,' Bush Defends His Record



LAST SAY: President Bush leaves his final news conference as president on Monday. In what he called the "ultimate exit interview," he defended his record on the Iraq war and his response to the Sept. 11 attacks while acknowledging mistakes. ❖ **Lasting image:** Bush says U.S. still seen in good light | **Page 3**

Obama to Shut Guantanamo

Sources: President-elect to issue order first week in office

WASHINGTON | President-elect Barack Obama is preparing to issue an executive order his first week in office — and perhaps his first day — to close the U.S. military prison at Guantanamo Bay, according to two presidential transition team advisers.

It is unlikely the detention facility at the Navy base in Cuba will be closed anytime soon.

In an interview last weekend, Obama

said it would be "a challenge" to close it even within the first 100 days of his administration.

But the order, which one adviser said could be issued as early as Jan. 20, would start the process of deciding what to do with the estimated 250 al-Qaeda and Taliban suspects and potential witnesses who are being held there. Most have not been charged with a crime.

The Guantanamo directive would be one of a series of executive orders Obama is planning to issue shortly after he takes office next Tuesday, according to the two advisers.

Also expected is an executive order about certain interrogation methods, but details were not immediately available Monday.

The advisers spoke on condition of anonymity because they were not authorized to speak publicly about the orders that have not yet been finalized. LARA JAKES (AP)



ARE VIRGINIANS BEING SHAFTED BY ALL THE ROAD CLOSINGS FOR THE INAUGURATION? **A** YES **B** NO

TO CAST YOUR VOTE, VISIT EXPRESSNIGHTOUT.COM OR TEXT **A** FOR 'YES' OR **B** FOR 'NO' TO 98999. FOR MONDAY'S POLL RESULTS, SEE PAGE 28

	TUESDAY		WEDNESDAY		THURSDAY
	42 28		34 27		34 15

TODAY: Mostly cloudy; becoming clear and windy in the evening | **30**

eyeOpeners

DEFINITIONS

Word 'Ingrate' Lacked Meaning Until Now

A Portsmouth, N.H., couple accused of assaulting each other over an unappreciated Christmas gift have been ordered to stay away from each other. Randi Young, 24, and Heath Blom, 26, were arrested on Christmas day. Police said the pair argued after Blom complained about getting a Wii game system from Young instead of the remote control airplane he asked for. When Young started to leave, Blom allegedly grabbed her by the hair and she turned around and hit him. In court Monday, Young asked that the no-contact order be lifted, saying they just had a bad Christmas. But the judge denied the request. (AP)



SOULMATES

'We Both Love Soft Food and Catnaps!'

A suburban Chicago couple really believes it's never too late for love. Dorothy Taylor, 84, and Duane Williams, 82, were married Saturday at a Tinley Park independent living center after what family members describe as a "whirlwind" courtship. The octogenarians have been friends and bridge partners for about a year, but the romance started to bloom around Christmas, according to 84-year-old best man Walter Urbanik.

News of the engagement came as a pleasant surprise to family. "The courtship was very unexpected," said Debbie Laneve, one of Taylor's five children. "But we're very happy for her." (AP)



NIGEL TREBLIN/AP/GETTY IMAGES

PORKER

Tipping the Scale

The zoo located in Hanover, Germany, is currently in the midst of its annual inventory. This week, all 1,705 animals living at the zoo have to be weighed and measured. (So soon after the holidays? Give them some time to get a gym membership and never use it.) This Rococo toad named Kermit looks like he's hit the cookie jar extra-hard recently. (EXPRESS)

TECHNOLOGY

Gary Busey Registers 'Crazy Man' Smell

Japanese are taking their noses global

with a Web site that describes different odors around the world and pinpoints where they can be found on a map. The Smell Club has registered more than 160 scents around the world, ranging from

"steam coming out of a rice cooker" to "used socks in the summer" and pinpointed their locations on a Google map. Nearly 200 members have joined the Japanese-language only site. (AP)

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SHOP ACCEPTS CHANGE: Thanks to a well-placed letter B, things are looking up for a Chicago hair salon formerly known as Ossama's. Owner Mike Elsheikh said he's seen an uptick in business since he changed the name from Ossama's Hair Design to Obama's Hair Design.

Nation

In Brief



Gene Robinson's consecration as a bishop divided the Episcopal Church.

CONCORD, N.H.

Openly Gay Bishop to Pray At Obama Inaugural Event

The first openly gay Episcopal bishop will offer a prayer at the Lincoln Memorial Sunday during an event kicking off President-elect Barack Obama's inaugural celebration. The selection of New Hampshire Episcopal Bishop Gene Robinson follows weeks of criticism from gay-rights groups over Obama's decision to have the Rev. Rick Warren — a prominent opponent of same-sex marriage — deliver the invocation at his Jan. 20 inauguration. (AP)

MINNEAPOLIS

State's Salmonella Outbreak Is Traced to Peanut Butter

The salmonella bacteria that has sickened nearly 400 people in Minnesota and 41 other states has been conclusively linked to peanut butter, Minnesota health officials said Monday. Officials found salmonella bacteria in a package of King Nut peanut butter at a nursing facility that matched the strain that has led to 30 illnesses in Minnesota. (AP)

'I Think It's a Good, Strong Record'

Bush defends his time in office during final send-off with reporters

WASHINGTON | By turns wistful, aggressive and joking in the final news conference of his presidency, President Bush vigorously defended his record Monday but also offered an extraordinary listing of his mistakes — including his optimistic Iraq speech before a giant "Mission Accomplished" banner in 2003.

After starting what he called "the ultimate exit interview" with a lengthy and personalized thank-you to the reporters who have covered him during his presidency, Bush showed anger at times when presented with some of the main criticisms of his time in office.

"I think it's a good, strong record," he said. "You know, presidents can try to avoid hard decisions and therefore avoid controversy. That's just not my nature."



President Bush speaks during his final press conference Monday in Washington. Bush said he doesn't think the people around the world view the U.S. negatively.

He particularly became indignant when asked about America's bruised image overseas.

"I disagree with this assessment that, you know, that people view

America in a dim light," he said. "It may be damaged amongst some of the elite. But people still understand America stands for freedom."

With the Iraq war in its sixth

year, he most aggressively defended his decisions on that issue. But he also acknowledged mistakes. He cited the abuses found to have been committed by members of the U.S. military at the Abu Ghraib prison in Iraq as "a huge disappointment."

Bush went on to mock the way some describe the burdens of the presidency.

"I believe the phrase 'burdens of the office' is overstated," he said. "You know, it's kind of like, 'Why me? Oh, the burdens, you know. Why did the financial collapse have to happen on my watch?' It's just pathetic, isn't it, self-pity? And I don't believe that President-elect Obama will be full of self-pity."

Bush seemed to struggle to envision himself on Jan. 21, his first day back at home and without a job.

"I'm a Type-A personality. I just can't envision myself, you know, the big straw hat and a Hawaiian shirt sitting on some beach," he said.

JENNIFER LOVEN (AP)

Study: Shut-Eye Helps Ward off Colds

CHICAGO | Fluff up the pillows and pull up the covers: Preventing the common cold may be as easy as getting more sleep.

Researchers paid healthy adults \$800 to have cold viruses sprayed up their noses, then wait five days in a hotel to see whether they got sick. Habitual eight-hour sleepers were much less likely to get sick

KEY FINDING

→ Participants in the study who slept less than seven hours per night in the weeks before they were exposed to a cold virus were three times more likely to catch a cold than those who slept eight hours or more.

than those who slept less than seven hours or slept fitfully.

"The longer you sleep, the better off you are, the less susceptible you are to colds," said lead author Sheldon Cohen, who studies the effects of stress on health at Pittsburgh's Carnegie Mellon University.

Prior research has suggested that sleep boosts the immune sys-

tem at the cell level. This is the first study to show small sleep disturbances increasing the risk of getting sick, said Dr. Michael Irwin, who researches immune response at the University of California, Los Angeles, and was not involved in the study.

Prior research has tied lack of sleep to a greater risk for weight gain, heart disease, high blood pressure, stroke and diabetes.

CARLA K. JOHNSON (AP)

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Nation

144

The total number of residents, in thousands, California lost during a 12-month period ending July 1, the most of any state, according to U.S. Census estimates.

Dems Ready to Seat Burris

Next senator from Ill. says he's 'honored and humbled' by position

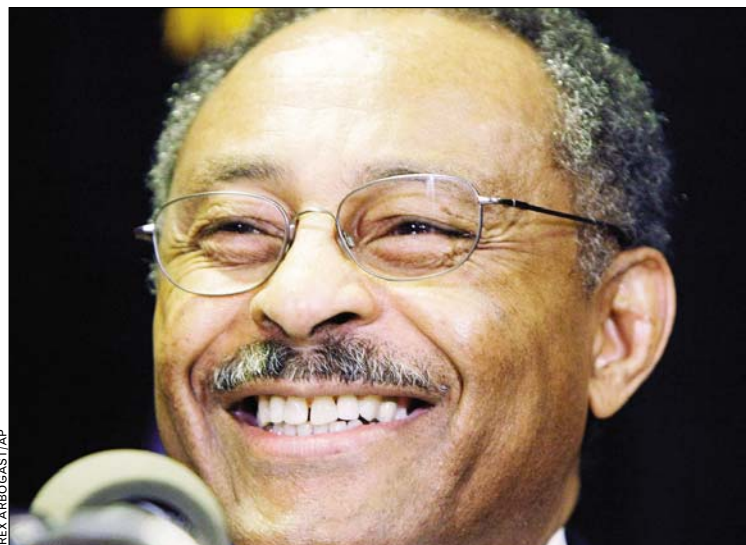
WASHINGTON | Eager to put the scandal-tainted standoff behind them, Senate Democrats accepted Roland Burris as President-elect Barack Obama's Senate successor on Monday and said they expect to swear in the new Illinois senator soon.

"He is now the senator-designate from Illinois and, as such, will be accorded all the rights and privileges of a senator-elect," Senate Majority Leader Harry Reid and Sen. Dick Durbin of Illinois said in a joint statement.

Burris said he's "humbled and honored" to be Illinois' next junior senator and is thankful for the opportunity to serve.

The two senators said they anticipate that Burris, a former Illinois attorney general appointed to the post by embattled Gov. Rod Blagojevich, will be seated this week barring objections from Republicans.

They made the announcement after Burris' lawyers delivered to



Illinois U.S. Senate appointee Roland Burris will likely be seated in the Senate later this week. Burris will take the seat that President-elect Barack Obama vacated.

the Capitol documents certifying his appointment to Obama's seat, and the secretary of the Senate determined that the paperwork met Senate requirements.

While a victory for Burris, the move is a major reversal for Senate Democrats. They initially objected to the appointment by Blagojevich, who is accused by federal investigators of seeking to trade the Senate

seat for personal favors. Senators feared that any appointee would be tainted.

Even though Burris does not stand accused of wrongdoing, Senate Democrats rejected Burris last week only to quickly backpedal after Obama himself privately weighed in and senators fretted that the situation was diverting their focus at a critical time. LIZ SIDOTI (AP)

Minn. Officials Say They Can't Certify Franken

ST. PAUL, MINNESOTA | Democrat Al Franken was quickly turned down Monday when he asked Minnesota's governor and secretary of state to issue an election certificate that would let him take office in the Senate.

In letters the campaign sent to Republican Gov. Tim Pawlenty and Democratic Secretary of State Mark Ritchie, Franken's lawyers argued that a seven-day waiting period for issuing the certificate after an election has passed and he should get the signed certificate. But the state officials said their hands were tied by state law and they could not act.

Franken led Republican Norm Coleman by 225 votes after a recount completed Jan. 5. Coleman is suing over the result. (AP)

Voinovich Is the Latest GOP Senator to Retire

Moderate Republican from Ohio announces he won't run in 2010

COLUMBUS, OHIO | Sen. George Voinovich said Monday he won't seek re-election in 2010, becoming the fourth Republican to make departure plans since the Democratic landslide in November.

The 72-year-old, considered a political moderate, said in a statement that challenges facing Ohio and the country will require him to devote all his energy to serving out his current term. Campaigning and fundraising would take time away from his work as a senator, he said.

"Those of us that have been given

the honor to serve in these times must step up to the plate and put this country on a course that will see it through these harrowing times and make it strong and viable for the 21st century," Voinovich said.

In recent weeks, Republican Sens. Kit Bond of Missouri, Mel Martinez of Florida and Sam Brownback of Kansas have all announced plans to retire in 2010.

Voinovich's decision was more bad news for Republicans, as Democrats will be on the offensive in the races for four open seats.

STEPHEN MAJORS (AP)

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Thursday, January 15 - Saturday, January 17

Madame Tussauds DC Wax Museum comes to Macy's Metro Center! Take your own presidential photo with the George Washington, Abraham Lincoln and Ronald Reagan wax figures. With any \$100 purchase, receive a pair of complimentary passes* to Madame Tussauds DC Wax Museum. **Thursday, January 15 & Friday, January 16, Main Floor.**

Join us for an evening of inaugural style! Our models will showcase premier evening wear perfect for inaugural festivities. Plus, get head-to-toe style advice from Jill Hudson Neal, Fashion Editor of *Washingtonian Magazine*. **Thursday, January 15 at 5:30pm on 4.**

Exclusively at Macy's: the coolest new accessory, the ObamaBag! These colorful 100% African cotton totes will be available for purchase* at Macy's Metro Center during our Inauguration celebration only! **Thursday, January 15 - Saturday, January 17, Main Floor.**

Calling all kid patriots! Make a patriotic hat, get an electoral caricature or have your face painted! **Saturday, January 17 at 1pm, Kids on 4.**

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Saturday, January 17 & Sunday, January 18

Take home an exclusive Macy's Waterford Crystal Inaugural memento! Waterford Design Director Jim O'Leary will help you shop the Inaugural Collection by Waterford and personalize[†] your purchase! Plus, choose the perfect Waterford Crystal glasses and learn how to pick the best wine[†] for your inaugural party with Rita Blackwell, President of Wine Express. **Saturday, January 17 at 1pm, Home on 3.**

Discover Krimson by Kwame, the exclusive neckwear collection by Kwame Jackson! Kwame, from TV's *The Apprentice*, will be on hand to offer expert advice, help you select a tie and sign autographs.[†] Plus, make any Krimson purchase and score a special gift!^{*} **Saturday, January 17 at 2pm in Men's Furnishings, Main Floor.**

Indulge yourself in presidential style! Find your personal inaugural look as we present the season's hottest trends for evening! Plus, enjoy a mini-makeover and a complimentary manicure.^{*} **Saturday, January 17 at 3pm, Dresses on 2.**

Meet Bryan Collier, illustrator of *Barack Obama: Son of Promise, Child of Hope*! Learn what inspired Bryan to illustrate this inspiring book and receive a signed[†] copy* with any \$35 Kids' purchase! **Sunday, January 18 at 2pm, Kids on 3.**



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Nation



WITHOUT WHEELS: Not even a former president is immune to thieves. Two bicycles belonging to former president Jimmy Carter and his wife, Rosalynn, were snatched from inside the Carter Center near downtown Atlanta earlier this month, police said. No arrests have been made in the case.

Bush Seeks Bailout Funds for Obama

President-elect wants to use some of \$350B to help homeowners

WASHINGTON | Seeking to reassure wary lawmakers, President-elect Barack Obama said Monday he will fundamentally change the way the second half of the \$700 billion financial bailout fund is spent, focusing some of the relief on housing and small businesses.

Obama asked President Bush to submit a request to Congress so that the remaining \$350 billion would be available quickly after the

inauguration next Tuesday. Bush agreed to do so.

"I think many of us have been disappointed with the absence of clarity, the lack of transparency," Obama told reporters after a meeting with Mexico's president, Felipe Calderon. He said some of the money should have been spent on helping people avoid foreclosure.

"It is clear that the financial system, although improved from where it was in September, is still fragile," Obama said.

Separately, Larry Summers, Obama's choice for National Economic Council director, said the new



Advisers to President-elect Barack Obama are crafting a new bailout plan.

"It is clear that the financial system, although improved ..., is still fragile."

PRESIDENT-ELECT BARACK OBAMA

president intends to broaden the goals of the remaining bailout package and impose tougher restrictions on how the money is spent.

Summers told House and Senate leaders in a letter from the transi-

tion team that the need to tap the second half of the \$700 billion fund is "imminent and urgent."

The letter says Obama intends to use the Troubled Asset Relief Program to help community banks, small businesses, consumers and homeowners as well as large financial institutions. It says Obama intends to launch a "sweeping effort" to mitigate foreclosures.

"The president-elect also shares the frustration of the American people that we have seen too little effect from this rescue plan on jobs, incomes and the ability of responsible homeowners to stay in their homes," Summers wrote. "He believes the American people are right to be angry with the way this plan has been implemented." (AP)

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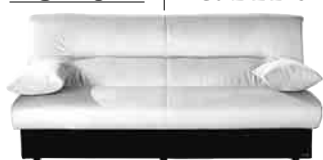
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The age of a Chinese woman who is seeking her first husband, according to China's Chongqing Commercial Times. Wang Guiying says she was scared to marry when she was young but is now hoping to marry a fellow centenarian.

World

Olmert Warns Hamas of 'Iron Fist'

Israeli forces hammer suspected militants' hideouts in Gaza Strip

GAZA CITY, GAZA STRIP | Israeli Prime Minister Ehud Olmert stood within Hamas rocket range Monday and warned Islamic militants that they face an "iron fist" unless they agree to Israeli terms for an end to war in the Gaza Strip.

Hamas showed no signs of wavering, however, with its leader, Ismail Haniyeh, saying the militants were "closer to victory."

Despite the tough words, Egypt said it was making slow progress in brokering a truce, and special Mid-east envoy Tony Blair said elements were in place for a cease-fire.

As Olmert spoke in the Israeli city of Ashkelon, Israeli tanks, gunboats and warplanes hammered suspected hiding places of Hamas operatives who control the poor, densely populated territory just across the border.

After nightfall, flares and explo-



Israeli armored vehicles drive toward the Gaza Strip on Monday. Israel targeted suspected hiding places of Hamas militants.

sions lit up the sky over Gaza, and heavy gunfire was heard in parts of the coastal territory of 1.4 million people.

Hamas' fighters battled Israeli troops on the outskirts of Gaza City and launched 15 rockets at southern

Israel. The group's prime minister insisted on an Israeli withdrawal from Gaza and the opening of blockaded border crossings as part of any truce.

"As we are in the middle of this crisis, we tell our people we, God

willing, are closer to victory. All the blood that is being shed will not go to waste," Haniyeh said on Hamas' Al Aqsa television. But he said the group was also pursuing a diplomatic track to end the conflict that "will not close." IBRAHIM BARZAK (AP)

New Trial Sought vs. ANC Head

S. African court clears way for Zuma to face new corruption trial

BLOEMFONTEIN, SOUTH AFRICA | African National Congress leader Jacob Zuma suffered a legal defeat Monday that could force him to divide his time between a corruption trial and a presidential campaign.

South Africa's second-highest court cleared the way for a new corruption trial for Zuma, over-



Zuma

turning a lower court's decision to throw out the case. Supreme Court judge Louis Harms said the original ruling was riddled with errors and ignored basic legal standards.

Prosecutors said they will seek a new trial date, while the ANC insisted Zuma remains its presidential candidate.

The ruling comes just two days after Zuma was cheered like a rock star at a rally that drew tens of thousands and launched the governing party's campaign for elections expected in March or April.

The ANC dismisses the charges against Zuma as a plot by rivals led by former president Thabo Mbeki.

DONNA BRYSON (AP)

HEARSAY | CHILL

"People are fed up with thinking globally but freezing locally."

—VALERI NAIDENOV, A BULGARIAN NEWSPAPER COLUMNIST, ON THE RUSSIA-UKRAINE GAS STANDOFF THAT HAS SHUT OFF NATURAL GAS SUPPLIES TO MILLIONS OF EUROPEANS FOR NEARLY A WEEK.

Biden Ends Tour of U.S. Battlefronts

BAGHDAD | Vice President-elect Joe Biden conferred Monday with Iraqi leaders after a trip to Afghanistan, capping a tour of U.S. battlefronts on a day when police reported bombs killed 10 people in Baghdad.

The four attacks were a reminder that major violence may still return, complicating the incoming adminis-

tration's plans to draw down troops in Iraq and focus more attention on Afghanistan.

Biden, a frequent visitor to Iraq as a member of the Senate Foreign Relations Committee, met with President Jalal Talabani, Vice President Adel Abdul-Mahdi and Deputy Prime Minister Barham Saleh

after arriving in Baghdad.

Abdul-Mahdi said they discussed implementation of a security agreement that took effect on Jan. 1. The accord sets a three-year timeframe for the full withdrawal of American forces.

The Iraqis stressed the importance of boosting U.S.-Iraqi cooperation in fields other than security, the Shiite vice president said. (AP)



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World



Old American cars used as taxis wait for passengers in Havana, Cuba, on Monday. Cuba's communist government is encouraging Cubans to apply for taxi licenses.

Cuba Authorizes Free-Market Cabs

New regulations are part of plan to improve transportation system

HAVANA | Cubans with classic American cars — or even rusty Russian sedans — are being encouraged to apply for taxi licenses and set their own prices for the first time in nearly a decade as the communist government turns to the free-market to improve its woeful transportation system.

Under regulations published into law this week, Cuba is applying a larger dose of supply-and-demand to an economy that remains 90 percent under state control.

The move by President Raul Castro's government also breaks with the policies of his ailing brother Fidel, who long accused private taxis — legal and otherwise — of seeking "juicy profits" and fomenting a black market for state-subsidized gasoline that Cuba "had sweated and bled" to obtain.

New taxi licenses have not been approved since October 1999, and it is not clear how many new cabs

will be allowed. The measure orders officials to determine which combination of vehicles will best meet each area's needs.

"Without these taxis, especially in the city of Havana but also in the provinces, the country would practically grind to a halt," said Oscar Espinosa Chepe, a state-trained economist.

“Without these taxis ... the country would practically grind to a halt.”

OSCAR ESPINOSA CHEPE, ECONOMIST

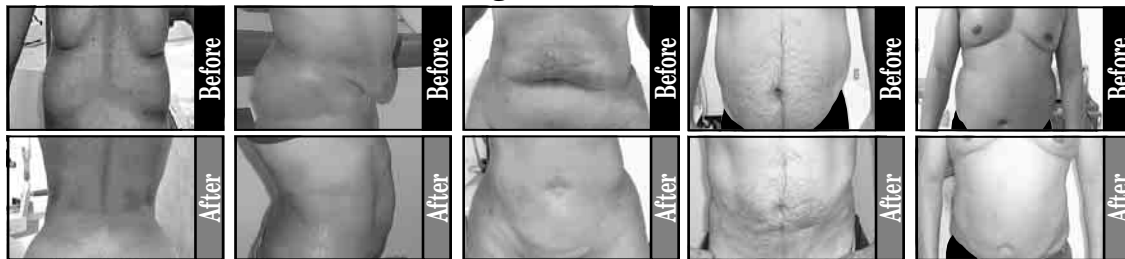
Havana retiree Barbara Costa said she would encourage her son-in-law to give up his job as a state engineer and use his father's 1950s Chevy as a taxi.

"It could be a great help, an economic help to the family, but also to the entire population, since public transportation is still very difficult," the 71-year-old said. WILL WEISSERT (AP)

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BY THE NUMBERS: Zimbabwe's central bank on Monday released a new \$50 billion note — enough to buy three newspapers in the nation's hyper-inflated economy. The new note was worth 1.25 U.S. dollars at Monday's black market exchange rate. A week ago, \$50 billion was worth 2.20 U.S. dollars, while two weeks ago it was worth 3.30 U.S. dollars. (AP)



CHANGE OF PLANS: The Judiciary Square station on the Red Line will close at 4 p.m. and the Mt. Vernon Square/7th St. Convention Center station on the Yellow and Green lines will close at 7:30 a.m. on Inauguration Day for security reasons.

Local

Violent Crime Drops in Pr. George's

Md. county still 2nd most crime-plagued jurisdiction in region

Fewer people in Prince George's County were reported killed, raped, robbed, carjacked and assaulted in 2008 than in the previous year, and with new technology, police are confident they can continue the trend, officials said today.

The county recorded an 8.9 per-

cent drop in violent crime, and a 3.9 percent decline in overall crime.

Prince George's remains the second most crime-plagued jurisdiction in the Washington region behind the District. But last year's numbers mark the county's third straight year of declines in several categories of violent crimes. Combined, the reduction since 2005 — Prince George's high-water mark for homicides and many other violent crimes — is now stark:

A TALE OF TWO COUNTIES As Prince George's County sees a drop in crime, neighboring Montgomery is seeing a rise:

→ Statistics released last week showed neighboring Montgomery County was on track for its largest percentage jump in serious crime in 17 years.
→ Through the first nine months of 2008, violent crime was up 7.7 percent in Montgomery.

Carjackings were down from nearly 800 in 2005 to 316 last year, a drop of about 59 percent. Auto thefts were down from over 15,000 to 8,673, a reduction of about 45 percent. Violent crime was down 32 percent and total crime dropped 25 percent. Year-over-year, homicide declined slightly, but over the past three years, killings were also down significantly, by about 21 percent, from 173 in 2005 to 136 last year.

AARON C. DAVIS (THE WASHINGTON POST)

Kaine Backs Bills to Promote Green Jobs

Gov. Timothy M. Kaine is proposing legislation aimed at promoting green jobs and energy efficiency.

On Monday, Kaine backed bills to expand grant programs and give tax credits and exemptions for companies that produce energy efficient goods and equipment.

Kaine put \$2 million in his budget to expand an incentive program for businesses that manufacture low and no-carbon energy sources.

Kaine backed legislation to encourage biofuels production from

sources that are not also used for food. He also lauded bills to establish an income



Kaine

tax credit for those who install alternative power systems and one to exempt those systems from sales taxes.

Kaine made his announcement along with other officials at the Virginia Beach headquarters of a company that installs solar panels. (AP)

WASHINGTON | MAIN BREAK SNARLS D.C. TRAFFIC



PIPE BURST: D.C. Water & Sewer Authority workers Eugene Dewalt, left, and Thedy Reyes work to fix a water main break at 16th and L Streets in Northwest. The break snarled traffic downtown for several hours Monday.

The Lotteries

Monday, Jan. 11

DISTRICT

Mid-day Lucky Numbers **6-4-1**
Mid-day DC 4 **9-8-9-0**

MARYLAND

Mid-day Pick 3 **8-1-3**
Evening Pick 3 (Sun.) **9-8-3**
Mid-day Pick 4 **4-6-9-4**
Evening Pick 4 (Sun.) **6-5-4-5**
Match 5 (Sun.) **1-12-30-33-36 Bonus: 34**

VIRGINIA

Mid-day Pick 3 **8-8-1**
Evening Pick 3 (Sun.) **2-1-0**
Mid-day Pick 4 **2-4-3-9**
Evening Pick 4 (Sun.) **3-6-7-7**
Mid-day Cash 5 **13-19-20-23-27**
Evening Cash 5 (Sun.) **2-8-18-30-34**

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

HEARSAY | SCHOOLS

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Money



GOOD POINT: The length of a man's ring finger may predict his success as a trader. Researchers at the University of Cambridge in England found men with longer ring fingers, compared to their index fingers, tended to be more successful in trading in the frantic London financial district.

Judge Lets Madoff Stay Out of Jail

Investor is being held under house arrest in his \$7M N.Y.C. home

NEW YORK | A judge allowed disgraced investor Bernard Madoff to remain free on bail Monday, rejecting an attempt by prosecutors to send him to jail for mailing more than \$1 million in jewelry to family and friends over the holidays.

The decision means Madoff will avoid having to leave the comfort of his \$7 million penthouse and await trial in a cramped jail cell with nothing but bunkbeds, a sink and a toilet. Madoff will remain under house arrest and under the constant watch of security guards.

The ruling further outraged investors who have been clamoring for Madoff to be sent to jail for



Bernard Madoff, center, mailed more than \$1 million worth of jewelry to family and friends over the holidays. He is accused of carrying out a \$50 billion fraud scheme.

“There is a feeling ... that folks like Bernard Madoff get a different brand of justice.”

STEPHEN A. WEISS, LAWYER

allegedly carrying out the largest financial fraud in history. They find it shocking that Madoff is free on bail, despite distributing assets that could be used to help repay investors who lost billions.

Stephen A. Weiss, a lawyer for several dozen Madoff investors, said there “are people on the street who are very unhappy” with the ruling.

“There is a thirst for blood that transcends just those who have been victimized. There is a feeling ... that folks like Bernard Madoff get a different brand of justice than the guy in the street,” Weiss said.

Judge Ronald L. Ellis acknowledged the huge public interest in the case, but said that sound legal considerations must take priority. He said that prosecutors failed to make a good enough argument that keeping Madoff free on bail represents an economic harm to the community.

The anxiously awaited bail decision does put additional restrictions on Madoff, including forcing him to come up with a list of items at his apartment and allowing a security firm to check on the items.

The security company will also be allowed to search all outgoing mail coming from Madoff's apartment to ensure that no property has been transferred.

LARRY NEUMEISTER (AP)

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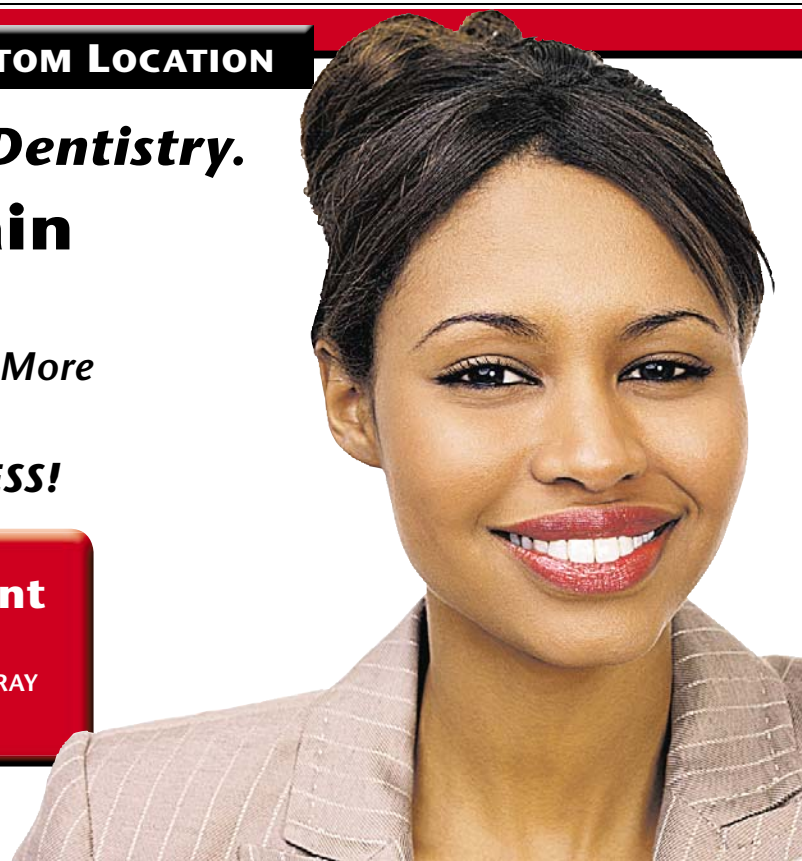


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KING OF THE WORLD: Cristiano Ronaldo won the FIFA world player of the year award Monday to complete a sweep of soccer's top individual honors for 2008. The Portugal winger led Manchester United to the Premier League and Champions League titles in May.

Sports

Swengali

RAVENS | BY MATT SWENSON

Ravens Make All The Right Moves

IF VINNY CERRATO needs some direction about how to build the Redskins into a consistently winning team, he should look north.

There have been few franchises as successful as the Baltimore Ravens' this decade. Led by a rookie quarterback, Baltimore is one win away from its second Super Bowl this decade. It's hardly a fluke, either.

The Ravens have achieved at least nine wins in six seasons since 2000. So sound is the organization that even with a rookie coach leading first-year quarterback Joe Flacco, the team product on the field has rarely been better.

There is no great secret to Baltimore's success.

A front office guided by Ozzie Newsome drafts extremely well.

A front office guided by Ozzie Newsome drafts extremely well.

Among this year's stars who have never played for another team are Ray Lewis, Ed Reed, Terrell Suggs and Todd Heap. Flacco looks to join that list of long-term Ravens after his tremendous start to the year.

When a group of key players can stay together, a team can overcome any instability brought by a coaching change or one down season. That's why you draft your future stars rather than poach them in free agency.

Even in coaching decisions, the Ravens are sound. Brian Billick may have been a liability at the end of his tenure, but he did win a Super Bowl. John Harbaugh outdid the Redskins's Jim Zorn by miles this season.

Baltimore's charmed road isn't an accident. The Ravens are clearly a model franchise.



To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Defenses Win the Day in Playoffs

3 of 4 teams still left in playoffs had league's best defenses this year

NFL | The NFL's regular season was all about offense, with Drew Brees threatening the record for passing yards in a year and points being scored at a rate not seen in more than four decades. But all of that has been put aside in the games that matter most, and the postseason has been about which teams can play great defense.

Of the four teams left in the NFL playoffs, three — the Pittsburgh Steelers, Baltimore Ravens

and Philadelphia Eagles — had the league's highest-ranked defenses during the regular season.

When it comes to playoff-style football, at least, the new NFL, with its rule modifications designed to benefit the passing game and increase point totals looks an awful lot like the old NFL, with its long-time motto that rugged defense wins championships.

"It's always going to be that way," former Redskins quarterback Joe Theismann said on Monday. "Your great defenses always compete for championships. Yes, throwing the ball is essential. But stopping the run wins championships."



LB Ray Lewis of the Ravens leaves the field after defeating the Titans, 13-10.

ANDY LYONS/GETTY IMAGES

The Steelers ranked first in the league in total defense and passing defense during the regular season — in which Saints quarterback Drew Brees had the second 5,000-yard passing season in history. The Ravens were second in total defense. The Eagles were third.

They're still playing. Brees is home watching — the Saints missed the playoffs.

The Arizona Cardinals are party crashers in more ways than one: They ranked 19th during the regular season in total defense, yet they'll host the NFC title game against the Eagles on Sunday. MARK MASKE (THE WASHINGTON POST)



The Cardinals' Larry Fitzgerald (11) reaches the ball for a touchdown during Arizona's divisional playoff win over Carolina.

CHUCK BURTON/AP

seating similar to last year's Super Bowl that increases the stadium's capacity to more than 70,000. The Cardinals are 7-2 at home this season, including a 30-24 wild-card playoff victory over Atlanta.

"I know it's going to be a great [game] atmosphere and is going to be electric."

KEN WHISENHUNT, ARIZONA HEAD COACH

That was followed by Arizona's 33-13 stunner at Carolina on Saturday night to send the Cardinals into their first NFC championship game.

Before Saturday, Arizona was the lone NFC team not to make it to a conference championship game since the NFL-AFL merger in 1970.

The Cardinals had Sunday off. It's safe to say they were rooting for the Eagles. Instead of a trip to the cold of the Meadowlands to face the Giants, they'll stay in the desert to play in front of what promises to be a loud, boisterous crowd in Glendale, Ariz., where a year ago the Giants upset New England in the Super Bowl.

"I know it is going to be a great atmosphere and it is going to be electric," Whisenhunt said.

BOB BAUM (AP)

Cards Continue to Defy Long Odds

Arizona is set to host NFC title game after unlikely playoff wins

NFL | Fewer words in NFL history are more improbable than these: The Arizona Cardinals will host the NFC championship game.

In the latest example of the Cardinals' incredible postseason

good fortune, Philadelphia beat the defending Super Bowl champion New York Giants 23-11 on Sunday. That meant Arizona will stay at home to face the Eagles next Sunday with the winner headed to the Super Bowl.

It's an amazing scenario for a Cardinals franchise that until this year had one playoff victory in 61 seasons. "Obviously, we are excited

that we have another home game to host the NFC championship at University of Phoenix Stadium," coach Ken Whisenhunt said Sunday. "It is huge for this organization, for our players and especially for our fans."

The last of the tickets were sold out within six minutes of the end of the Giants-Eagles game, the Cardinals said. That includes additional

Sports



LEAD DOG: The Newark Star-Ledger is reporting that Baltimore Ravens defensive coordinator Rex Ryan is the front-runner for the New York Jets' head coaching position. Ryan interviewed with the Jets Sunday for five hours after the Ravens' win over Tennessee Saturday night.

Dungy Steps Down as Colts' Coach

Caldwell to replace first black head coach to win a Super Bowl

INDIANAPOLIS | Tony Dungy has retired after seven years as coach of the Indianapolis Colts, saying this was the right moment.

"These seven years have been better than I could ever have imagined," Dungy, the only black coach to win a Super Bowl, said at a news conference Monday. "I just have to thank everyone."

He will be replaced by associate coach Jim Caldwell.

Dungy, 53, has spent the past five years debating whether to leave football to spend more time with his family. He said he and his wife discussed the decision.

"We just felt this was the right time," Dungy said. "Don't shed any tears for me. I got to live a dream most people don't get to live."

Dungy is the Colts' franchise leader in victories. He went 85-27



Colts head coach Tony Dungy, shown after winning Super Bowl XLI in 2007, called it quits Monday after seven years in Indianapolis. Dungy compiled an 85-27 record.

in the regular season and 7-6 in the playoffs, including the victory over Chicago in the 2007 Super Bowl.

"You don't always get to go out on top," Dungy said, "and it's hard to go out on top."

The plan to have Caldwell replace Dungy as the Colts' coach was put in place last year when the coach pondered retirement. Caldwell joined Dungy's staff in Tampa Bay in 2001, and then moved with Dungy to the Colts in 2002 and was the quarterbacks coach. A year ago, Caldwell was elevated to associate head coach, though he continued to coach Peyton Manning and Jim Sorgi.

"He is ready; he's more than ready," Dungy said. "He's going to do a great job." MICHAEL MAROT (AP)

McDaniels, 32, Tapped to Run The Broncos

NFL | The man who ran the New England Patriots' high-scoring offense is taking over as coach of the Denver Broncos, charged with revitalizing a team that failed to make the playoffs the past three seasons.

Josh McDaniels, the Patriots' 32-year-old offensive coordinator, agreed to a four-year deal to replace Mike Shanahan, who was fired Dec. 30 after 14 seasons with a 146-91 record.

McDaniels will take over an already potent offense, led by quarterback Jay Cutler and receivers Brandon Marshall and Eddie Royal, that's looking to return the Broncos to prominence. Shanahan won two Super Bowls in his first four seasons but won just one playoff game after John Elway retired. (AP)



McDaniels

Dungy's legacy | Coach retires as one of NFL's best ever

1996 Dungy gets job as head coach of Tampa Bay Buccaneers.

1999 Bucs win the NFC Central division and make the NFC title game.

2002 After being fired by the Bucs, Dungy is hired to coach the Colts.

2007 Colts win Super Bowl; Dungy is first black coach to capture title.

2009 Dungy retires as only coach to reach the playoffs in 10 straight seasons.



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LONG TERM: Mike Scioscia's extension with the Los Angeles Angels puts the most successful manager in franchise history under contract through the 2018 season. Two people with knowledge of the negotiations told The Associated Press the parties agreed to a 10-year deal that allows Scioscia to opt out after the 2015 season.

Sports

Henderson, Rice Get the Hall's Call

All-time steals leader wins Cooperstown selection on 1st ballot

BASEBALL | Rickey Henderson sped his way into the Hall of Fame on the first ballot Monday, and Jim Rice made it in on his 15th and final try.

Henderson, baseball's career leader in runs scored and stolen bases, received 94.8 percent of the vote from the Baseball Writers' Association of America, well above the 75 percent needed.

Rice, among baseball's most feared hitters in the late 1970s and early 1980s, got 76.4 percent of the vote after falling just shy with 72.2 percent last year. "The only thing I can say is I'm glad it's over



Rickey Henderson holds up third base after breaking Lou Brock's all-time career record for stolen bases in 1991. Henderson leads this year's Hall of Fame class.

IN AT LAST

Jim Rice made the cut on his last time on the Hall of Fame ballot:



Rice

→ Rice won the AL MVP in 1978.
→ An eight-time All-Star, Rice hit 382 home runs in 16 seasons with the Red Sox from 1974 to 1989.

→ He becomes the fourth Hall of Famer to have spent his entire career with the Red Sox.

with," Rice said. "I'm in there and they can't take it away."

The undisputed standard for leadoff hitters, Henderson became the 44th player elected in his first

year of eligibility. Rice was only the third elected by the BBWAA in his final year.

The pair will be inducted into the Hall during ceremonies on July 26 in Cooperstown, N.Y. They will be joined by former Yankees and Indians second baseman Joe Gordon, elected posthumously last month by the Veterans Committee.

"I feel great about it. It's been a long time coming," said Henderson, the 1990 AL MVP and 10-time All-Star who swiped 1,406 bases.

Andre Dawson fell 44 votes short with 67 percent. He was followed by Bert Blyleven (62.7 percent), Lee Smith (44.5), Jack Morris (44.0), Tommy John (31.7) and Tim Lincecum (22.6). Mark McGwire, stigmatized by accusations he used performance-enhancing drugs, received 118 votes (21.9 percent) in his third year of eligibility, down from the 128 votes he got in each of his first two tries. RONALD BLUM (AP)

TODAY'S TV LINEUP

CAPITALS (7 P.M. ON CSN) The Capitals hope to snap a two-game losing streak when facing the Edmonton Oilers.

MEN'S COLLEGE HOOPS (7 P.M. AND 9 P.M. ON ESPN) Two big rivalries in a bit of a down period are featured when Ohio State hosts Indiana and Kentucky visits

Tennessee.

MORE MEN'S COLLEGE HOOPS (7:30 P.M. ON ESPN2) Memphis faces Tulsa in a Conference USA game.

HOCKEY (7 P.M. ON VERSUS) The Montreal Canadiens and Boston Bruins renew one of the NHL's oldest rivalries.

Sources: Grand Jury Eyes Clemens

BASEBALL | A federal grand jury is investigating whether Roger Clemens lied to Congress last year, two people briefed on the matter told The Associated Press on Monday.

Both spoke on condition of anonymity because grand jury proceedings are supposed to be secret.

Congress asked the Justice Department to look into whether the seven-time Cy Young Award winner lied last February when he testified under oath at a deposition and a public House hearing that he never took illegal performance-enhancing drugs.

That contradicted the sworn testimony of his former personal trainer Brian McNamee, who said under oath that he injected Clemens with steroids and human growth hormone.

By bringing the case to a grand jury, the Justice Department escalated the case from an FBI investigation. (AP)

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Sports



UNDER THE KNIFE: Florida quarterback Tim Tebow had surgery on his right shoulder on Monday and was expected to be ready for spring practice in April. The procedure came a day after Tebow announced he'd return for his senior season.

Bison Score Big With Small Guard

Woodside helps put N. Dakota State on the college basketball map

MEN'S COLLEGE HOOPS | North Dakota State is not quite so obscure a spot on the college basketball map these days.

Sure, the school made the jump from NCAA Division II to Division I. But there's also a point guard by the name of Ben Woodside.

The 5-foot-11 senior last month scored 60 points in a triple-overtime game against Stephen F. Austin, the most points by a player in a Division I game in nearly nine years. What's more, he made 30 free throws, tying an NCAA record by Pete Maravich.

"People everywhere are talking about it," said Colorado State coach Tim Miles, a former North Dakota State coach who recruited Woodside to the school. "It's priceless. Truly priceless."

Miles also found a strong sup-



Ben Woodside scores over Northern Arizona's Josh Lepley in a game on Dec. 22, 2008, in Fargo, N.D. Woodside is North Dakota State's all-time leading scorer.

porting cast for a program that wouldn't be eligible for the NCAA tournament until Woodside was a senior, including his redshirt year.

"Miles told me we were going to have a great recruiting class,"

Woodside said. "I trusted him."

30
The number of free throws Woodside made in a game this year, tying an NCAA record by Pete Maravich.

Woodside said. "The Bison quickly found out how good that class could be. A team with four freshman starters handed Wisconsin its first nonconference loss at home in 27 games. The next year the school won at Marquette. Now the Bison are favored to win the Summit League.

Woodside is the school's career scoring leader. He is undaunted driving into traffic, thanks to a quick release and graceful body control. That took some practice.

"He's like a black belt in taekwondo," Miles said. "He's truly fearless." DAVE KOLPACK (AP)

Pitt Stays Atop AP Poll, Wake Jumps to No. 2

MEN'S COLLEGE HOOPS | Pittsburgh will start its second week as the No. 1 team with a new No. 2 in Wake Forest. The Demon Deacons jumped from fourth to second in The Associated Press college basketball poll Monday following its victory over North Carolina.

The Panthers (14-0) beat St. John's 90-67 on Sunday in their first game as a No. 1 team and just hours later Wake Forest (14-0) handed North Carolina its second straight Atlantic Coast Conference loss, 92-89.

Pittsburgh received all but two first-place votes from the 72-member national media panel and the Demon Deacons got the others in reaching their highest ranking since their only two weeks as No. 1 in November 2004. (AP)

Too late: The UMD-Duke women's hoops game ended after deadline. Results | washingtonpost.com/sports

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MONEY WELL SPENT: HBO's "Flight of the Conchords" returns Sunday for Season 2, and this time around, fans will be able to purchase music from each episode the day after it airs. The first song, "Angels," goes live Jan. 19 on iTunes.

Entertainment

'Idol's' Crazy Eighth

The contestants are new, but the thirst for fame is still the same

TELEVISION | If you listen very carefully, you can hear them. The giant tufts of people shuffling and shouting, the voices rising and falling, and the egos — the puffed out, loaded up, precious egos.

They're "American Idol" wannabes, and they're coming for your television.

They sound something like this:

"I just wanna get my heart and be, like, 'Boom. Take it.'"

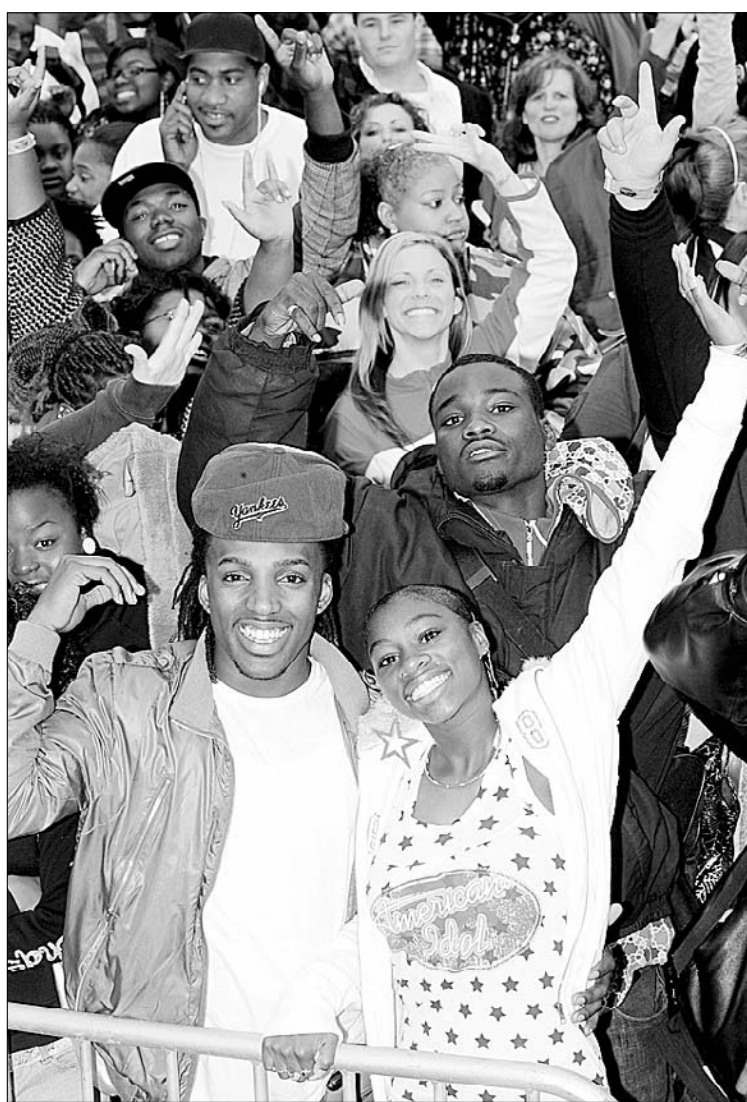
"I'm excited. I'm nervous, though, 'cause I don't see a lot of people that sound good walking up the stairs with their little golden tickets."

"I'm the next American Idol! WOOOOOOOOOOOO!"

And so on.

The quotes above come courtesy of the uber-short video clips posted at Americanidol.com that give tastes of the Season 8 auditions we'll get to scarf up in their expanded glory for the next few weeks.

Among the cities we'll visit: San Francisco; Phoenix; San Juan, Puerto Rico; Jacksonville, Fla.; Louisville; and two towns close to "Idol"-watchers' hearts: Season 7 champ David Cook's hometown of



THESE PEOPLE? They just want you to love them, vote for them and make them stars.

express nightout

Express' Greg Barber will be blogging the entire "American Idol" season, from the auditions to the grand finale. Get more on the new season and check back each Wednesday and Thursday for updates. | **ONLINE NOW**
EXPRESSNIGHTOUT.COM/IDOL

Kansas City and runner-up David Archuleta's stomping grounds in Salt Lake City.

What's new(ish)? Judge Kara DioGuardi, a Grammy-nominated songwriter who will add her two cents to Simon Cowell's snark, Randy Jackson's clichés and Paula Abdul's incoherence, and, potentially, a wildcard round to bring back booted contestants for another shot.

What's not? The triumphs, the struggles, the smiles and tears. People being called "dawg." And the inevitable chatting with friends about these wannabes' personality tics since it's winter and it's too cold to play Frisbee.

A pair of two-hour season premieres start on Fox at 8 p.m. Tuesday. Expect first glimpses at the season's stars, the inevitable tone-deaf cast-offs and, if the photos on Fox's press site match reality, at least one woman in a barely-there bikini.



Claude Berri directed films such as "Jean de Florette" and "Le Poulet."

Famed Director Berri Dies

'Great ambassador' of French cinema passes away at 74

OBIT | French actor, director and producer Claude Berri, an institution in French cinema for more than half a century, died Monday at age 74. President Nicolas Sarkozy hailed him as "legendary."

Agent Dominique Segall said Berri died of a "cerebral-vascular" problem — language often used for a stroke.

Berri produced Roman Polanski's "Tess" in 1979 and directed movies including "Jean de Florette" in 1986 and "Manon des Sources" ("Manon of the Spring"), both adapted from Marcel Pagnol's vision of the French countryside. Berri's short film "Le Poulet" won an Oscar in 1965.

He was in the midst of directing "Tresor" ("Treasure") — his 20th directing project — when he died, Segall said. "It will continue despite his departure," the agent added.

Berri was involved in every aspect of cinema for more than a half-century as an actor, writer, director and producer. Sarkozy paid tribute to Berri as "the most legendary figure of French cinema" and "the great ambassador" of French film in the world. (AP)



His corny, overtly sexual tunes are as fun as they ever were on "24 Hours."

Always the Sex Bomb

Tom Jones is still singing as though his disrobing is imminent

MUSIC | Tom Jones is back, making the world safe again for chest hair with his umpteenth release since the 1960s, when he and his tight pants helped turn sex in pop music from an insinuation into an outright come-on.

Jones' antics look tame by today's standards, though, so the recently

knighted Welsh performer adds to his job title on "24 Hours." Now he's Sir Tom Jones, singer-songwriter.

He's still in possession of that urgent, throaty voice, singing as though his disrobing is imminent. Jones opens with a reminder, "I'm Alive," setting the tone for the record with blaring horns, boxy drums and sizzling, trebly guitar licks, all of which sound as if they were recorded in 1968, in Austin Powers' boudoir — and that's a good thing.

Jones hangs with the heavyweights on a couple tunes he didn't contribute to. Bono and the Edge wrote "Sugar Daddy" with Jones in mind, and Bruce Springsteen's "The Hitter" becomes a slow-burning soul tune.

Despite such a noble stab at nuance, Jones is, and always has been, at his best when he cuts loose, the way he does on "If He Should Ever Leave You." If he ever does, rest assured: Jones will be waiting.

ERIC R. DANTON (THE HARTFORD COURANT)

Entertainment



STILL KICKING: Country legend Loretta Lynn is preparing two projects for release in 2009. Lynn, 74, is working on an album of new material that she says could be ready by late spring. The second project is an album of rerecorded versions of her No. 1 hits from the past four decades.

Take a Trip to the 'Hospital'

Rob Corddry takes medical parody to the Web on TheWB.com

ONLINE | Doctors and their personal dramas long have been a TV staple. Now the sex-and-stethoscopes genre is the target of Rob Corddry's satirical skills.

"Childrens' Hospital" is a series of 10 five-minute episodes available on TheWB.com, the defunct Warner Bros. TV network brought back from the dead as a Web site. Episodes are also available for purchase on iTunes, and further expansion on the Web (including YouTube) is planned.

"I have no hard feelings toward the medical dramas — no soft feelings, either," said Corddry, a former correspondent on Comedy Central's "The Daily Show."

There are plenty of allusions to "House," "ER" and "St. Elsewhere," too, but no show is parodied quite like "Grey's Anatomy."

"Grey's Anatomy" is probably one of the most insane shows ever shot," said Corddry. "I don't know how they get away with what they get away with. It's so preposterous. I definitely love making fun of 'Grey's Anatomy' to my wife, who loves the show."

One exchange on "Childrens' Hospital":



Rob Corddry gets big laughs with his quirky Web series, "Childrens' Hospital."

Male doctor: "Time of death: 5:59." Female doctor: "Time of dry-humping in the supply closet: 6:01."

In another scene, one character's inner monologue is narrated while she strolls down a hospital hallway. She's joined by another character with an inner monologue going, creating a momentary cacophony of self-reflection.

For the series, Corddry drew on his many comedian friends. Making appearances or contributing voice-overs: Megan Mullally, Jason Sudeikis, Stephen Colbert, Michael Cera and Rob's brother Nate Corddry. Lake Bell and Ken Marino are among the regulars, and Eva Longoria Parker makes a cameo.

David Wain (whose own Web series "Wainy Days" is also excellent) is an executive producer.

JAKE COYLE (AP)

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MARLEY AND ME (PG) (1215 PM 315 PM) 630 PM
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YES MAN (PG-13) (135 PM) 640 PM
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VALKYRIE (PG-13) (1145 230 315 450 530) 720 945
BEDTIME STORIES (PG) (1210 300 535) 810 1050
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THE DAY THE EARTH STOOD STILL (PG-13) (505 PM) 735 PM 1010 PM
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BRIDE WARS (PG) (1230 300 515) 745 1000
RW: GRAN TORINO (R) - ID REQ'D (1205 245 525) 805 1045
BEDTIME STORIES (PG) (1210 1240 230 415 450) 725 1015
MARLEY AND ME (PG) (100 340) 705 945
VALKYRIE (PG-13) (1245 330) 720 1005
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BEDTIME STORIES (PG) (200 440) 700 920
THE SPIRIT (PG-13) (1230 300 530) 800 1030
SEVEN POUNDS (PG-13) (150 450) 740 1030
YES MAN (PG-13) (230 450) 720 945
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GRAN TORINO (R) - ID REQ'D (130 415) 700 945
MARLEY AND ME (PG) (100 345) 630 915
VALKYRIE (PG-13) (115 400) 645 930
THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) (115 PM 445 PM) 830 PM
BEDTIME STORIES (PG) (215 500) 745 1000
THE SPIRIT (PG-13) 915 PM
SEVEN POUNDS (PG-13) (200 445) 730 1015
YES MAN (PG-13) (200 430) 700 930
THE TALE OF DESPEREAUX (G) (130 PM 415 PM) 645 PM
THE DAY THE EARTH STOOD STILL (PG-13) 745 PM 1015 PM
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OC & DA: MARLEY AND ME (PG) 350 PM 925 PM
THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) (1145 145) 315 545 700 940
MARLEY AND ME (PG) (1240 PM) 645 PM
VALKYRIE (PG-13) (1250) 355 705 1000
BEDTIME STORIES (PG) (130) 420 650 920
THE SPIRIT (PG-13) 1030 PM
SEVEN POUNDS (PG-13) (140) 450 750 1035
YES MAN (PG-13) (1235) 310 540 810 1040
GRAN TORINO (R) - ID REQ'D (1230) 330 630 930
FROST NIXON (R) - ID REQ'D (120) 445 735 1025
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MARLEY AND ME (PG) (1240 140 335 435) 625 720 920 1010
BEDTIME STORIES (PG) (130 230 405) 640 915
VALKYRIE (PG-13) (110 410) 710 1005
THE SPIRIT (PG-13) 940 PM
DOUBT (PG-13) (245 PM 525 PM) 800 PM
THE TALE OF DESPEREAUX (G) (205 PM 425 PM) 715 PM
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THE UNBORN (PG-13) (1245 310 535) 755 1025
NOT EASILY BROKEN (PG-13) (220 455) 730 1000
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BEDTIME STORIES - DP (PG) (1235 410) 645 920
THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) (205 405) 605 805 1005
MARLEY AND ME (PG) (125 425) 720 1020
VALKYRIE (PG-13) (1230 335) 635 935
BEDTIME STORIES (PG) (135 PM) (250 PM 530 PM) 815 PM
OC: SEVEN POUNDS (PG-13) (355 PM) 955 PM
SEVEN POUNDS (PG-13) (1255 PM) 655 PM
YES MAN (PG-13) (120 400) 700 940
THE TALE OF DESPEREAUX (G) (110 PM 350 PM) 630 PM
GRAN TORINO (R) - ID REQ'D (140 440) 735 1035
FROST NIXON (R) - ID REQ'D (145 PM 445 PM) 750 PM
THE DAY THE EARTH STOOD STILL (PG-13) 900 PM

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RW & DA: MARLEY AND ME (PG) (1200 210 450) 740 1025
BEDTIME STORIES (PG) (1205 105 235 330 500) 725 950
VALKYRIE (PG-13) (120 430) 735 1020
THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) (1130 300) 630 1000
THE SPIRIT (PG-13) 900 PM
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SEVEN POUNDS (PG-13) (1225 340) 645 935
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THE TALE OF DESPEREAUX (G) (1135 150 410) 640
GRAN TORINO (R) - ID REQ'D (1145 225 505) 750 1030
FROST NIXON (R) - ID REQ'D (1240 335) 620 910
THE DAY THE EARTH STOOD STILL (PG-13) 625 PM 855 PM
SLUMDOG MILLIONAIRE (R) - ID REQ'D (1255 350) 705 1005

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BRIDE WARS (PG) (1215 115 235 340 500) 640 740 900 1005
NOT EASILY BROKEN (PG-13) (1205 230 500) 725 945
MARLEY AND ME (PG) (1225 130 310 430) 630 720 920
THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) (1230 415) 800 910
BEDTIME STORIES (PG) (1200 105 220 330 445) 620 710 940
GRAN TORINO (R) - ID REQ'D (100 400) 700 930
THE SPIRIT (PG-13) 850 PM
OC: SEVEN POUNDS (PG-13) (410 PM) 1005 PM
DOUBT (PG-13) (1240 315) 625 855
SEVEN POUNDS (PG-13) (1255 PM) 715 PM
YES MAN (PG-13) (1245 320) 655 925
THE TALE OF DESPEREAUX (G) (110 PM 335 PM) 635 PM
GRAN TORINO (R) - ID REQ'D (120 420) 730 1015
THE READER (R) - ID REQ'D (1235 325) 615 905
FROST NIXON (R) - ID REQ'D (135 440) 735 1020
THE DAY THE EARTH STOOD STILL (PG-13) (510 PM) 755 PM 1025 PM
SLUMDOG MILLIONAIRE (R) - ID REQ'D (1250 355) 705 955
TWILIGHT (PG-13) (1210 PM) 1010 PM
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BRIDE WARS (PG) (110 210 330 430) 615 715 840 940
MARLEY AND ME (PG) (1250 PM 340 PM) 630 PM
THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) (250) 700 910 1030
BEDTIME STORIES (PG) (130 230 350 450) 610 710 830 930
VALKYRIE (PG-13) (120 410) 720 1005
THE SPIRIT (PG-13) 900 PM
DOUBT (PG-13) (145 420) 650 920
SEVEN POUNDS (PG-13) (200 445) 740 1025
YES MAN (PG-13) (240 520) 730 1020
THE TALE OF DESPEREAUX (G) (100 320) 600 820
THE DAY THE EARTH STOOD STILL (PG-13) (115 345) 620 850
BOLT (PG) (140 PM 400 PM) 640 PM
RW & DA: MARLEY AND ME (PG) (150 440) 730 1010
RW: GRAN TORINO (R) - ID REQ'D (220 500) 745 1035

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BRIDE WARS (PG) (115 200 345 430) 700 740 940 1025
BEDTIME STORIES - DP (PG) (125 400) 650 930
BEDTIME STORIES (PG) (215 PM 450 PM) 725 PM
DOUBT (PG-13) (150 445) 730 1020
THE TALE OF DESPEREAUX (G) (110 330) 715 935
THE DAY THE EARTH STOOD STILL (PG-13) (135 435) 745 1015
FOUR CHRISTMASSES (PG-13) 735 PM 950 PM
TWILIGHT (PG-13) (105 405) 705 1005
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BRIDE WARS (PG) (100 200 300) 730 1015
NOT EASILY BROKEN (PG-13) (145 445) 800 1045
MARLEY AND ME (PG) (1215 300) 600 700 845 945
BEDTIME STORIES (PG) (1245 130 315 400) 645 915
VALKYRIE (PG-13) (1200 250) 610 910
THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) (1115 245) 615 955
DOUBT (PG-13) (120 420) 750 1020
SEVEN POUNDS (PG-13) (1130 230) 640 950
YES MAN (PG-13) (1230 345) 630 900
THE TALE OF DESPEREAUX (G) (100 PM 415 PM) 710 PM
GRAN TORINO (R) - ID REQ'D (115 430) 715 1000
THE DAY THE EARTH STOOD STILL (PG-13) 1010 PM
TWILIGHT (PG-13) 930 PM
BOLT 3D - \$2.50 CHARGE FOR 3D (PG) ★ (1210 PM 330 PM) 740 PM



'TRUTH' IS MARCHING ON: Sci Fi has renewed the reality series "Destination Truth" for a third season, premiering in fall 2009. The network has ordered nine episodes of the show starring Josh Gates, who travels in search of answers to unexplained mysteries.

Entertainment

The Delicate Balance

Rokia Traore blends strong instrumentals with profound lyrics

MUSIC | "Tchamantche" is a quiet, subdued album whose genius lies in each song's arrangement, the combination of modern and traditional elements and the intensity

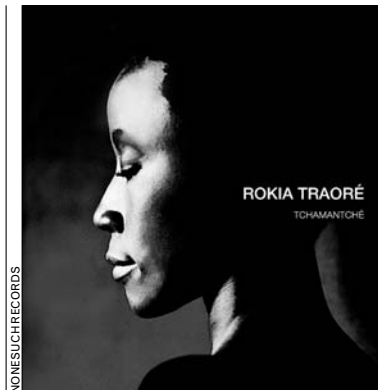
of Rokia Traore's voice. Part griot and part chanteuse, Traore's voice trembles and whispers among a sparse rhythm section and traditional African instruments on the well-crafted tracks.

A circuitous guitar riff, the pluckings of a West African lute called an n'goni, brushes on a snare drum: They all gently meld

into atmospheric grooves. "Tchamantche" is Traore's long-awaited follow-up to "Bowmboi," released in 2004, on which the Malian artist again showed a deft touch for arranging when she collaborated with the American string ensemble the Kronos Quartet.

All the tracks on "Tchamantche" (which means, approximately, "bal-

ance") are originals except for the Gershwin classic "The Man I Love," which is a treat to hear her sing in heavily accented English. Traore's lyrics, sung mostly in Bambara and French, draw on the beauty of nature and contain aphorisms about the value of human existence and the fragility of love. "We arrive in this world somewhere between the past and the future/And we evolve by wavering between more and less," Traore, the daughter of a Malian diplomat, sings on the title track. **AIMEE MAUDE SIMS (AP)**



"Tchamantche" is a stong collection of tracks, both musically and vocally.

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AMC Select - Special films for select tastes.

AMC HOFFMAN CENTER 22
Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

IMAX THE DAY THE EARTH STOOD STILL: THE IMAX EXPERIENCE (PG13)
2:30, 5:10, 7:50, 10:25

DIGITAL 3D BOLT IN DISNEY DIGITAL 3D (PG) 2:10, 5:05, 7:35, 10:00

BRIDE WARS (PG) 1:10, 1:45, 3:30, 4:15, 5:45, 6:45, 8:00, 9:15, 10:15
NOT EASILY BROKEN (PG13) 1:20, 4:10, 7:00, 9:45
THE UNBORN (PG13) 1:30, 3:00, 4:00, 5:30, 6:30, 8:00, 9:00, 10:30
BEDTIME STORIES (PG) 2:15, 4:50, 7:15, 9:40
THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) 1:40, 5:20, 7:05, 9:10
MARLEY & ME (PG) 1:40, 4:30, 7:30, 10:20
THE SPIRIT (PG13) 7:55, 10:25
VALKYRIE (PG13) 1:50, 4:40, 7:40, 10:30
SEVEN POUNDS (PG13) 2:50, 6:10, 9:05
THE TALE OF DESPEREAUX (G) 1:25
YES MAN (PG13) 4:25, 7:25, 10:15
AUSTRALIA (PG13) 1:00, 7:20
FOUR CHRISTMASSES (PG13) 3:10, 5:35
TWILIGHT (PG13) 4:35

AMC SELECT
GRAN TORINO (R) 1:10, 4:20, 7:10, 10:10
THE READER (R) 1:00, 4:00, 6:50, 9:55
REVOLUTIONARY ROAD (R) 1:15, 4:15, 7:15, 10:05
DOUBT (PG13) 1:35, 4:10, 6:40, 9:30
FROST/NIXON (R) 3:20, 6:20, 9:20
SLUMDOG MILLIONAIRE (R) 1:05, 4:05, 7:00, 9:50
CADILLAC RECORDS (R) 4:05

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
1 (888) AMC-4FUN

IMAX THE DAY THE EARTH STOOD STILL: THE IMAX EXPERIENCE (PG13)
1:35, 4:25, 7:20, 9:55

DIGITAL PRESENTATION BEDTIME STORIES (PG) 1:45, 4:20, 7:15, 9:45

BRIDE WARS (PG) 2:30, 4:50, 7:10, 9:40
NOT EASILY BROKEN (PG13) 2:25, 5:05, 7:30, 10:00
THE UNBORN (PG13) 1:20, 3:40, 6:00, 8:20, 10:40
THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) 1:05, 4:25, 8:00
MARLEY & ME (PG) 1:15, 4:10, 7:00, 9:50
THE SPIRIT (PG13) 8:00, 10:35
VALKYRIE (PG13) 1:50, 4:40, 7:40, 10:25
SEVEN POUNDS (PG13) 1:55, 4:45, 7:50, 10:40
THE TALE OF DESPEREAUX (G) 12:55, 3:20, 5:40
YES MAN (PG13) 4:55, 7:35, 10:10
FOUR CHRISTMASSES (PG13) 2:10

AMC SELECT
GRAN TORINO (R) 2:00, 5:00, 7:45, 10:30
DOUBT (PG13) 1:40, 4:15, 6:55, 10:40
FROST/NIXON (R) 1:05, 4:05, 7:05, 10:20

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

DIGITAL PRESENTATION BEDTIME STORIES (PG) 2:30, 5:00, 7:35, 10:10

BRIDE WARS (PG) 1:00, 3:25, 5:50, 8:00, 10:15
THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) 1:05, 4:35, 8:15
MARLEY & ME (PG) 1:35, 4:25, 7:15, 10:05
MARLEY & ME (PG) 1:35, 4:25, 7:15, 10:05
VALKYRIE (PG13) 1:30, 4:30, 7:25, 10:20
SEVEN POUNDS (PG13) 1:15, 4:10, 6:55, 9:45
YES MAN (PG13) 2:55, 5:30, 8:05, 10:30

AMC SELECT
GRAN TORINO (R) 2:20, 5:10, 7:50, 10:30
THE READER (R) 1:20, 4:15, 7:05, 10:00
REVOLUTIONARY ROAD (R) 1:10, 4:05, 7:00, 9:55
DOUBT (PG13) 2:40, 5:15, 7:55, 10:20
FROST/NIXON (R) 1:05, 4:00, 6:50, 9:50
SLUMDOG MILLIONAIRE (R) 2:00, 4:50, 7:45, 10:25
THE WRESTLER (R) 2:05, 4:45, 7:30, 10:15

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

IMAX THE DAY THE EARTH STOOD STILL: THE IMAX EXPERIENCE (PG13)
2:20, 5:10, 7:50, 10:25

DIGITAL PRESENTATION BEDTIME STORIES (PG) 2:30, 4:55, 7:40, 10:05

BRIDE WARS (PG) 2:00, 4:30, 7:00, 9:25
NOT EASILY BROKEN (PG13) 2:10, 4:40, 7:10, 9:45
THE UNBORN (PG13) 2:15, 4:45, 7:15, 9:35
BEDTIME STORIES (PG) 1:15, 3:40
THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) 12:45, 4:25, 6:05, 8:00, 9:40
MARLEY & ME (PG) 1:00, 3:45, 6:30, 9:15
THE SPIRIT (PG13) 7:45, 10:20
VALKYRIE (PG13) 1:45, 4:35, 7:35, 10:25
SEVEN POUNDS (PG13) 1:25, 4:20, 7:20, 10:10
THE TALE OF DESPEREAUX (G) 1:50, 4:10, 6:35, 9:10
YES MAN (PG13) 2:25, 5:00, 7:30, 10:00
FOUR CHRISTMASSES (PG13) 1:35, 4:00, 6:25, 9:00
BOLT (PG) 2:35, 5:15
TWILIGHT (PG13) 7:25, 10:15
MADAGASCAR: ESCAPE 2 AFRICA (PG) 2:40, 5:05

AMC SELECT
GRAN TORINO (R) 1:05, 3:55, 6:45, 9:30
DOUBT (PG13) 1:40, 4:15, 7:05, 9:50
SLUMDOG MILLIONAIRE (R) 1:20, 4:05, 6:50, 9:55

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

BRIDE WARS (PG) 3:00, 5:10, 7:30
THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) 3:30, 7:10
SEVEN POUNDS (PG13) 2:20, 5:00, 7:50
YES MAN (PG13) 1:50, 4:20, 6:50
THE DAY THE EARTH STOOD STILL (PG13) 8:00
BOLT (PG) 3:20, 5:40

AMC SELECT
THE READER (R) 4:10, 7:00
FROST/NIXON (R) 2:10, 4:50, 7:40
MILK (R) 1:50, 4:30, 7:20

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

BRIDE WARS (PG) 12:25, 2:40, 5:10, 7:40, 9:50
NOT EASILY BROKEN (PG13) 1:15, 2:45, 5:00, 7:45, 10:15
THE UNBORN (PG13) 12:20, 2:25, 7:20, 9:45
BEDTIME STORIES (PG) 12:30, 3:00, 5:30, 8:00, 10:20
THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) 2:35, 6:05, 9:35
MARLEY & ME (PG) 2:10, 4:40, 7:10, 9:55
THE SPIRIT (PG13) 5:05, 7:25, 10:10
SEVEN POUNDS (PG13) 1:15, 4:15, 7:15, 10:15
THE TALE OF DESPEREAUX (G) 12:45, 2:55
YES MAN (PG13) 1:30, 4:30, 7:00, 9:30
THE DAY THE EARTH STOOD STILL (PG13) 2:15, 4:50, 7:35, 10:05

AMC SELECT
GRAN TORINO (R) 12:15, 2:50, 5:20, 7:50, 10:20
CADILLAC RECORDS (R) 12:05, 2:30, 5:05, 7:30, 10:00

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

AMC SELECT
THE READER (R) 1:55, 4:35, 7:15
REVOLUTIONARY ROAD (R) 2:40, 5:20, 8:00
DOUBT (PG13) 2:05, 4:40, 7:05
SLUMDOG MILLIONAIRE (R) 2:15, 5:00, 7:45
THE WRESTLER (R) 12:45, 3:15, 5:45, 8:15
MILK (R) 1:40, 4:25, 7:10
RACHEL GETTING MARRIED (R) 1:25, 4:15, 7:05

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

AMC SELECT
FROST/NIXON (R) 2:40, 5:30, 8:15

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

DIGITAL 3D BOLT IN DISNEY DIGITAL 3D (PG) 12:50 PM

DIGITAL PRESENTATION THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) 3:25, 7:05, 10:40

BRIDE WARS (PG) 12:35, 2:50, 5:20, 7:45, 10:10
THE UNBORN (PG13) 12:40, 3:00, 5:35, 8:05, 10:25
BEDTIME STORIES (PG) 1:00, 3:25, 5:50, 8:15, 10:35
THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) 1:05, 4:55, 8:45
MARLEY & ME (PG) 12:55, 4:00, 7:00, 9:50
THE SPIRIT (PG13) 9:40 PM
VALKYRIE (PG13) 1:25, 4:20, 7:20, 10:05
SEVEN POUNDS (PG13) 1:10, 4:15, 7:05, 9:55
THE TALE OF DESPEREAUX (G) 12:25, 2:45, 5:05, 7:25
YES MAN (PG13) 12:30, 2:55, 5:25, 7:55, 10:45
THE DAY THE EARTH STOOD STILL (PG13) 3:00, 7:50
FOUR CHRISTMASSES (PG13) 12:45, 5:30, 10:20
TWILIGHT (PG13) 12:25, 5:40, 10:55
QUANTUM OF SOLACE (PG13) 3:10, 8:25

AMC SELECT
GRAN TORINO (R) 1:20, 4:10, 7:10, 10:00
DOUBT (PG13) 1:40, 4:25, 7:15, 9:45
FROST/NIXON (R) 1:45, 4:50, 7:40, 10:30
SLUMDOG MILLIONAIRE (R) 1:35, 4:30, 7:30, 10:15

AMC MAZZA GALLERIE
Jenifer and Wisconsin
202-537-9553

BRIDE WARS (PG) 2:20, 4:40, 7:20
THE UNBORN (PG13) 2:45, 5:10, 7:45
BEDTIME STORIES (PG) 1:45, 4:00, 6:45
THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) 3:30, 7:00
MARLEY & ME (PG) 2:00, 5:00, 8:00
THE TALE OF DESPEREAUX (G) 1:40, 4:00

AMC SELECT
GRAN TORINO (R) 1:30, 4:30, 7:30

LOEWS RIO CINEMAS 18
9811 Washington Boulevard
301-948-0906

DIGITAL PRESENTATION BEDTIME STORIES (PG) 2:20, 4:45, 7:30, 10:00

BRIDE WARS (PG) 2:30, 4:50, 7:35, 10:05
NOT EASILY BROKEN (PG13) 2:15, 4:40, 7:30, 10:20
THE UNBORN (PG13) 2:25, 4:40, 6:55, 9:15
BEDTIME STORIES (PG) 1:05, 3:25
THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) 1:00, 4:30, 6:05, 8:05, 9:35
MARLEY & ME (PG) 1:35, 4:35, 7:25, 10:15
VALKYRIE (PG13) 1:05, 4:05, 7:10, 9:55
GRAJINI (NR-NOT RATED) 2:00, 6:00, 9:50
SEVEN POUNDS (PG13) 1:55, 4:20, 7:20, 10:30
THE TALE OF DESPEREAUX (G) 1:20, 3:35, 5:50
YES MAN (PG13) 1:25, 4:00, 7:00, 9:35
THE DAY THE EARTH STOOD STILL (PG13) 8:10, 10:40
TWILIGHT (PG13) 1:45, 4:30, 7:15, 10:25

AMC SELECT
GRAN TORINO (R) 2:35, 5:20, 8:10, 10:50
THE READER (R) 2:05, 4:55, 7:40
DOUBT (PG13) 1:10, 3:45, 6:45, 9:10
FROST/NIXON (R) 1:30, 4:15, 7:05, 10:10
SLUMDOG MILLIONAIRE (R) 2:40, 5:25, 8:15, 10:55

LOEWS WHITE FLINT 5
North Bethesda
1-800-FANDANGO #741

BRIDE WARS (PG) 2:15, 4:35, 7:15
BEDTIME STORIES (PG) 2:05, 4:55, 7:20
THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) 2:45, 6:25
MARLEY & ME (PG) 2:10, 4:50, 7:30

AMC SELECT
GRAN TORINO (R) 2:00, 4:45, 7:35

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	CCNA Fast Track	Jan 26
	Oracle 11g Database Administration	Jan 27
	Microsoft SharePoint 2007	Jan 31
	Certified Info. System Security Professional	Feb 09
	Sun Certified Java Programmer	Feb 24
	CISSP Fast Track	Mar 23
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	703-842-7404	advance@gmu.edu

✓SPECIAL ENGAGEMENT No passes or discount coupons

CC - Closed Captioning - DV - Descriptive Video Service

Times for Tuesday, January 13, 2009

Television



THE ANTI-PUSSYCAT DOLLS: NBC has picked up for development "Barely Legal," a half-hour comedy based on the true story of Kathleen Holtz, who passed the notoriously difficult California bar at age 18 to become the state's youngest lawyer. She will be played by Hilary Duff.

It's All About the Benjamins

Niall Ferguson traces money through the ages tonight on PBS

HISTORY | Author, economist, historian and Harvard professor Niall Ferguson presents "The Ascent of Money" (9 p.m., PBS), a two-hour survey history of commerce with a special focus on the recent financial crisis.

An edited-down version of a much longer series scheduled to air later in 2009, this presentation bounces all over history, from ancient Babylon to the Middle Ages, where anti-usury edicts kept Christian bankers from charging interest to modern-day Memphis, Tenn., a city Ferguson uses as an example of loose lending practices gone awry. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)



HE KNOWS HIS GREEN STUFF: Historian Niall Ferguson aims to school us in "The Ascent of Money," tracing cash from the ancient world to the current financial crisis.

ON TV TONIGHT

MR. TAMBOURINE MAN

In the 2007 biography **I'M NOT THERE** (noon, Cinemax), director Todd Haynes offers a meditation on the life and meaning of singer-song writer Bob Dylan, presenting six portraits of Dylan, each played by a different actor

LET THE MADNESS BEGIN

It's back. **AMERICAN IDOL** (8 p.m., Fox) enters a new season with a two-night, four-hour introduction. A fourth judge, Kara DioGuardi, has been added to the mix. For more on "Idol," turn to page 15.

SEE IT TO UNDERSTAND IT

Jane unravels the mystery of the witch and murdered high school jock on **THE MENTALIST** (9 p.m., CBS).

AVERAGE DAY AT THE OFFICE

Benson infiltrates a prostitution ring on **LAW & ORDER: SPECIAL VICTIMS UNIT** (10 p.m., NBC).

AWKWARD TIME

Scheduled on **PRIMETIME** (10 p.m., ABC):



There's a new judge in town on the season premiere of Fox's "American Idol."

hidden-camera scenarios begging for empathy and intervention.

BIG FUN

Extreme tugs-of-war on **WRECKREATION NATION** (10 p.m., Discovery).

ORCHIDS OR PEONIES ... ?

Nate's team goes undercover as wedding planners on **LEVERAGE** (10 p.m., TNT). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)



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Get in the MLK Spirit

Anacostia Museum has a solid lineup of King-themed events

FOR MORE on how to celebrate Martin Luther King's life, visit Expressnightout.com.

EXHIBIT | Dating back to slavery and black churches, "We Shall Overcome" has become "sort of a national anthem — a song that aligns with civil rights," said Robert Hall, associate director of education at the Smithsonian Anacostia Community Museum. The museum will screen an hour-long film, "We Shall Overcome: The Song That Moved a Nation," which discusses the song's origin and significance, as part of the Smithsonian's annual King observances. The screening (Wednesday, 10:30 a.m.) also ties to the museum's main exhibit, the nine-month-long "Jubilee: African American Celebration," which



This 1898 photo of children participating in the Easter Egg Roll at the White House (one of the few public events that blacks could attend) is in the "Jubilee" exhibit.

began in December.

Then, on Thursday, Anacostia will present its 24th annual King-inspired lecture. To display the mul-

tifaceted impact of King's legacy, Baldemar Velasquez, founder and president of the Farm Labor Organizing Committee, will discuss at 7

p.m. how Latinos are changing the face of modern civil rights.

The museum will celebrate Barack Obama's inauguration as president with a reading and signing of Deborah Willis and Kevin Merida's book "Obama: The Historic Campaign in Pictures" (Saturday, 11 a.m.).

At the core of all these events, however, is the museum's long-running exhibition, "Jubilee." "What is happening is 'Jubilee' talks about what happens within African-American communities — general holidays and observances that African-Americans have special takes on," Hall said. "Things that affect us as individuals, but also as groups." RUDI GREENBERG

→ *Anacostia Community Museum, 1901 Fort Place SE; Jan. 14-17 for MLK events, through Sept. 20 for "Jubilee," various times, free; 202-633-4844; anacostia.si.edu. (Anacostia)*

thescene



James Hetfield and Metallica (yes, it's 2009) play the Verizon Center Thursday.

WEDNESDAY

The Sword: An oh-so-metal band, all the way from Texas. The Rock and Roll Hotel, 1353 H St. NE; 8 p.m., \$15; 202-388-7625.

How Theatre Failed America: Monologist Mike Daisey returns to Woolly Mammoth with a piece about the sad state of the arts in America and what he wants us to do about it. Woolly Mammoth Theatre, 641 D St. NW; 8 p.m., \$25; 202-393-3939. (Gallery Place)

'Don Quixote': This balletic retelling of Cervantes' classic novel reunites the Kennedy Center and the Kirov Ballet. Kennedy Center, 2700 F St. NW; 7:30 p.m., \$47-\$135; 202-467-4600. (Foggy Bottom)

THURSDAY

Metallica: You know who they are, unless you've been living under a rock. These guys are gods of metal. Verizon Center, 601 F St. NW; 7 p.m., \$62.50-\$82.50; 202-397-7328. (Gallery Place)

West Side Story: This musical adaptation of "Romeo and Juliet," bound for Broadway, proves that tales of love and violence are timeless, especially when accompanied by dancing. National Theatre, 1321 Pennsylvania Ave. NW; through Jan. 17, \$46.50-\$176.50; 202-628-6161. (Metro Center)

FRIDAY

American Dream Inaugural Ball: Jay-Z performs in honor of the new president. Love, 1350 Okie St. NE; 8 p.m., \$50-\$150; 202-636-9030.

Explore our searchable list of the area's events, venues, restaurants and movies at Expressnightout.com/thescene.

topstops



Dress for Success

So, you're freaking out a little bit, aren't you? Inaugural balls and galas galore are quickly descending on us, and we're hardly prepared. The nails need a mani, the dress is due for a dry cleaning miracle, and those "special occasion cuff links" have gone missing. Disaster! Whatever shall we do? Be grateful, that's what. Stop by Dumbarton House's new exhibit, "Preparing for the Ball: Costume of the Nation" and you'll discover how ladies and gents living between 1775 and 1825 primped for a night out. Did someone say waistcoats? Give 'em props. k.c.

→ *Dumbarton House, 2715 Q St. NW, \$5, hourly tours Tue.-Sat., 10 a.m.-1 p.m., extended hours inauguration week, closed Jan. 19-20, 202-337-2288; See Dumbartonhouse.org for details.*

A Resolution Revolution

These days, everyone's tongues are wagging about resolutions. Overheard as of late: "I'm going to go to Bodypump at Gold's Gym!" "I will write more thank-you notes!" "I'm going to bring fanny packs back in style!" (Yes, our friends are weird).

To that end, it would be oh so fitting to stop by Station 9 at 8 p.m. There, for the bargain price of \$10, you'll hear eight to 10 Washingtonians recount seven-minute personal stories as part of **SpeakeasyDC's** monthly event. k.c.

→ *Station 9, 1438 U St. NW, doors open at 6:30 p.m., begins at 8 p.m., \$10, 202-667-1661. (U St.-Cardozo)*



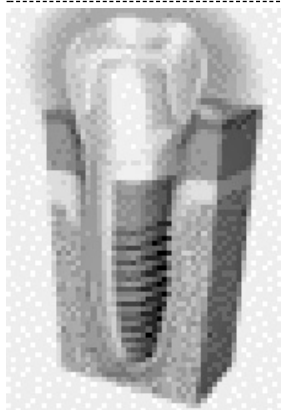
Ain't Gonna Die

"The Future of Rock Is in Your Hands" screams the tagline on the "Girls Rock! D.C." Web site. While that may be a little alarmist — after all, no less an authority than AC/DC has said, "Rock 'n' roll ain't gonna die" — there's no doubt that rock is still primarily a boys' club. That's why tonight's fundraiser for Girls Rock! D.C. is a gig worth paying for — plus, the bands that are playing are pretty cool, too: Equinox (ex-Black Eyes), Odd Girl Out (Baltimore's power-pop) and Candy Coated Pain Pills (with members of Shame Girl, Pup Tent and D.C. Kings). c.p.

→ *Black Cat, 1811 14th St. NW; 8 p.m., \$8; 202-667-4490. (U St.-Cardozo)*



Compiled by Express' Kris Coronado and Christopher Porter. Read more of their picks at Expressnightout.com/topstops.



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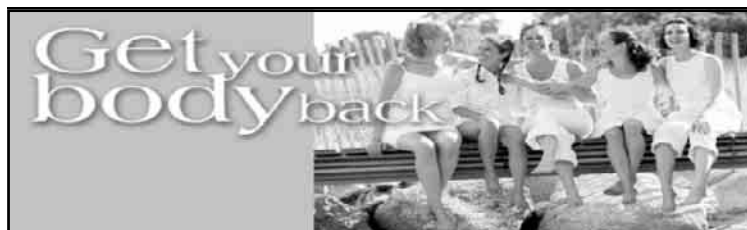
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goodbye to Bush? | 28

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on the NFL playoffs | 28

Community

Circus arts training unifies children from varied backgrounds

When looking for a way to bring together children of different races, religions and financial means, most people might not think of juggling, tumbling and aerial acts as their “go-to” tools.

Jessica Hentoff does.

Hentoff, 53, is the executive and artistic director of a circus school run out of the City Museum in St. Louis. She brings together children who normally wouldn't cross paths and unifies them through circus training and performances.

One effort, Circus Salaam Shalom, trained Jewish and Muslim children at the same time. Far East Meets Midwest combined Asian and Midwestern arts in its shows. And Peace through Pyramids allows St. Louis and Israeli children, both Jewish and Arab, to perform together in the U.S. and overseas.

“When you flip, fly and juggle, you learn things like focus, persistence, teamwork.”

JESSICA HENTOFF, PROGRAM DIRECTOR

On Friday, Hentoff will speak in Monaco at the International Circus Festival of Monte Carlo about her commitment to “social circus” — her work using circus arts as a way to encourage social change.

“Here, they [children] can define who they are. This is where they choose who they are and what they can do,” Hentoff said.

The Arts and Education Coun-

cil of St. Louis has named her as its arts innovator of the year, an honor she's to receive Jan. 26.

Hentoff, who grew up in New York City, didn't even climb a tree until she was 10. But while a student at Purchase College at the State University of New York, she began taking classes in circus skills in 1973, learning about tumbling, fire-eating, clowning and the like.

“It was so amazing that I could actually juggle; I could hang 20 feet in the air,” she said.

She began working with circuses, the first being Circus Kingdom, which gave regular performances but always put on shows for people who couldn't come to the circus — visiting nursing homes, prisons or hospitals. “That was social circus, using circus for something other than pure entertainment,” she said.

Hentoff traveled with other circuses and continued her studies with other performers. She and another woman, Kathie Hoyer, who was from St. Louis, created a double trapeze act around 1980. They began to work with Circus Flora, a one-ring show that began operating out of St. Louis in 1987.

Hentoff's students still work with Circus Flora, but in 2001 that circus stopped offering circus classes



A LEAP OF FAITH: Claire Kuciejczyk-Kernan leaps over students performing at the circus school at the City Museum in St. Louis.

Big Top Bonding

ers, suspended airplanes and a fire engine.

During a recent visit to the circus ring and rehearsal space inside the museum, a handful of black and white students who were a combination of private school, public school and home-schooled children, prepared for their biggest show of the year, “Cafe Appassionato,” running later this month.

Claire Kuciejczyk-Kernan, 17, a Webster Groves resident, put her feet and ankles up on blocks and then went into a split, an exercise to focus on her seemingly superhuman flexibility.

Meanwhile, Melvin Diggs, 16, and Terrance Robinson, 15, of St. Louis, rehearsed a routine with one of Hentoff's three children, 12-year-old Kellin Hentoff-Killian, in which they balanced and juggled brightly colored wooden plates.

Hentoff said the teens learn a lot more than the circus arts in their training. She talks to them about how they present themselves to others, about how one skill builds on another, or to try again when they mess something up.

“When you flip, fly and juggle, you learn things like focus, persistence, teamwork,” she said.

BETSY TAYLOR (AP)



Circus school students gather with executive and artistic director Jessica Hentoff.

to focus on shows, she said. Hentoff started a new nonprofit, the Circus Day Foundation, to provide a place for a circus school now called Circus Harmony and the St. Louis Arches, a group of intermediate to advanced child performers trained in circus skills.

City Museum in St. Louis offers weekend circus shows during the school year, and during the week over the summer and school holiday periods.

The eclectic museum, created by artist Bob Cassilly, teems with mosaics, sculpted caves to explore, slides to barrel down, even a massive outdoor playground where kids climb through tunnels, tow-

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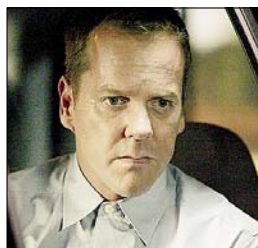
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FILM

Literature 'Revisited'

The saying goes "imitation is the highest form of flattery," so the fact that Hollywood so often taps literature to quench its cinematic thirst makes sense. In honor of "Brideshead Revisited" (out now on DVD), Roxana Hadadi discusses the most anticipated book-to-film adaptations coming out in 2009. | COMING UP



TELEVISION

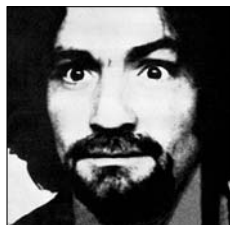
Bauer by Hour

The explosive "24" and Jack Bauer have returned, and Matt Swenson's blog, Bauer by Hour, is back with a bang, too. It seems that the producers took his advice for refreshing the show by moving the show's setting to the nation's capital. Day 7 is in D.C.! | ONLINE NOW

SOUND BETS

Live Forever

That Charles Manson is a nut job isn't doubted. But what about his songwriting skills? Christopher Porter doesn't have the patience to find out, but he loves two covers of Manson's song "Never Learn Not to Love (Cease to Exist)" by the Beach Boys and the Telescopes. | COMING UP



poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

ARE YOU MORE LIKELY TO SEE A MOVIE IF IT WINS AN AWARD AT THE GOLDEN GLOBES?

NO 75%

YES 25%

“Not only am I more likely to see one; I flat-out refuse to go to movies that don't win Golden Globes.”

COMMENTER RIMSHOT, WHO ADDED, "JUST AS I WILL ONLY PLACE MY FAST-FOOD ORDER WITH THE RESTAURANT'S REIGNING EMPLOYEE OF THE MONTH."

“I honestly couldn't tell you the last movie I watched in the theater, let alone if it got a Golden Globe. At \$10 a ticket, I can't afford to go to the theater anymore!"

COMMENTER JAXON, WHO ADDED, "I'LL WAIT TILL NETFLIX DELIVERS IT TO MY HOME AT AN AFFORDABLE PRICE."



“Not necessarily. However, if a movie I'm interested in seeing generates a lot of awards buzz, I am definitely more likely to fall into the trap and shell out the 10 bucks to see it.”

COMMENTER TIFFANY, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "ARE YOU MORE LIKELY TO SEE A MOVIE IF IT WINS AN AWARD AT THE GOLDEN GLOBES?"

SEE HOW YOUR METRO STATION VOTED AT EXPRESSNIGHTOUT.COM/POLLCENTER

Blog LOG

“[The] biggest regret my friend's dad ever had, he says, was moving [to Silver Spring] after college, because there was nothing to do.”

JUSTUPTHEPIKE.COM FINDS THAT DOWNTOWN SILVER SPRING IS INUNDATED WITH EITHER HIGH SCHOOL KIDS OR OLDER ADULTS WITH FAMILIES, WITH NOTHING IN BETWEEN.



"BOTTOM LINE:

President Bush is leaving exactly the big government legacy he promised to leave. The only uncertainty was over how large a hole he would dig."

MICHELLEMALKIN.COM, A CONSERVATIVE BLOGGER, HAS ASSAILED THE 43RD PRESIDENT'S PRACTICES FOR YEARS, OFTEN DRAWING HER CRITICISM FROM THE RIGHT.

“There isn't much that I miss about my life before marriage. I'm content to just reminisce. [But] one sigh-inducing memory that I will most likely carry with me for the rest of my life ... the girl bedroom.”

THEBIGPIECEOFCAKE.COM IS HAVING SOME TROUBLE ACCOMMODATING HER NEW SETUP. ADDING, "YOU SEE, I ALWAYS HAD A PRETTY BEDROOM — MY ROOM WAS GIRLY."

“How do you say goodbye to someone who never should have been president in the first place? You don't. Just be glad he's leaving.”

IVORYTOWERZ.COM HAS SOME STRONG OPINIONS ABOUT PRESIDENT BUSH AFTER HE DELIVERED HIS LAST SPEECH MONDAY, ADDING, "BUSH'S [NON-]ACCOMPLISHMENTS ARE MIND-BOGLING."



Discussions

Michael Wilbon

Welcome to another edition of the Chat House. Post columnist **MICHAEL WILBON** was online Monday to take your questions about the world of sports and his recent columns.



Is it true that the Steelers-Ravens game will be moved to the Roman Coliseum?

Ha, ha! I might steal that line, so expect to see it again. What a weekend. I'm back from the Meadows and the worst game of the weekend, but a very compelling game. The Steelers-versus-Ravens game is the REAL NFL. No West Coast offense junk. Just hitting and defense and running.

The Ravens are essentially the same team as last year, except with a new coach and a new quarterback. Can it really be that simple to turn a franchise around after a disastrous year? If so, and the Ravens win the Super Bowl, should a lot of current coaches and quarterbacks be worried?

Well, as much as I like and respect Brian Billick as a coach (and the man does wear a Super Bowl) this makes you wonder what kind of job he did the last couple of seasons. Now, the QB situation did undermine Billick, but he was a QB coach and offensive guy, so the QB situation never should have been as bad as it was. I'm saying this, though I would hire Billick in a second.

Last year after the Super Bowl win, people were talking about how many Super Bowls Eli Manning would win. His performance Sunday makes me

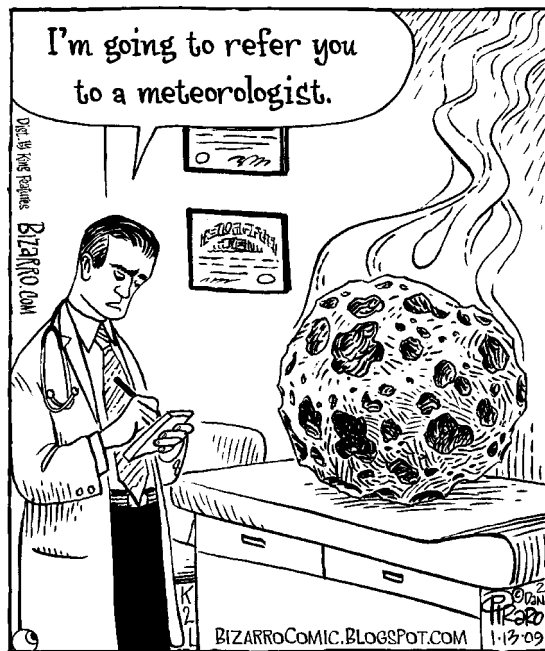
want to ask whether he might be Trent Dilfer. Or is Plaxico Burress that important?

Both things could be true. Plaxico does mean that much; Eagles coach Jim Johnson said that after the game. It changes what a defense has to do, and it gives the Giants so much less to work with in the red zone.

Which Super Bowl would be more interesting: Cardinals versus Steelers, Cardinals versus Ravens, Eagles versus Steelers, or Eagles versus Ravens? Probably Eagles versus Ravens. Although, I picked Eagles versus Steelers at the start of the season. I would be fine with the Cardinals versus Steelers or Cards versus Ravens.

TODAY ON DISCUSSIONS: Calling all foodies! Join us Tuesdays at 1 p.m. for What's Cooking, our live online culinary hour with Kim O'Donnel. | washingtonpost.com/discussions.

Bizarro | Dan Piraro



Cornered | Mike Baldwin



Horoscope

By Stella Wilder

CAPRICORN (Dec. 22-Jan. 19) You're going to have to wait a little longer than expected before you can get started. Once you do, momentum can build quickly.

AQUARIUS (Jan. 20-Feb. 18) Don't gum up the works by trying to do too many things at any time. Be careful.

PISCES (Feb. 19-March 20) What works for you isn't likely to work for everyone else—and vice versa. You may feel isolated until you hit your stride.

ARIES (March 21-April 19) You may be setting yourself up for disappointment by putting your trust in a situation that hasn't panned out for you before.

TAURUS (April 20-May 20) You'll find yourself playing the waiting game for a time, most likely when you can least afford to put things on hold.

GEMINI (May 21-June 20) It's easier than you think to turn your back on a way of

life that hasn't been working for you. You can form new habits that pay off.

CANCER (June 21-July 22) You'll have to put yourself in the care of someone who knows better than you do what needs to be done. It may be hard to let go.

LEO (July 23-Aug. 22) Information is likely to be passed from one to another and back again with remarkable efficiency—at least during the first part of the day.

VIRGO (Aug. 23-Sept. 22) It's a good time to consider alternate strategies. You can use a few of your tried-and-true methods, but overall plans must change.

LIBRA (Sept. 23-Oct. 22) You and a friend may be at cross-purposes yet again. It's all a matter of speaking openly and honestly—and not overreacting.

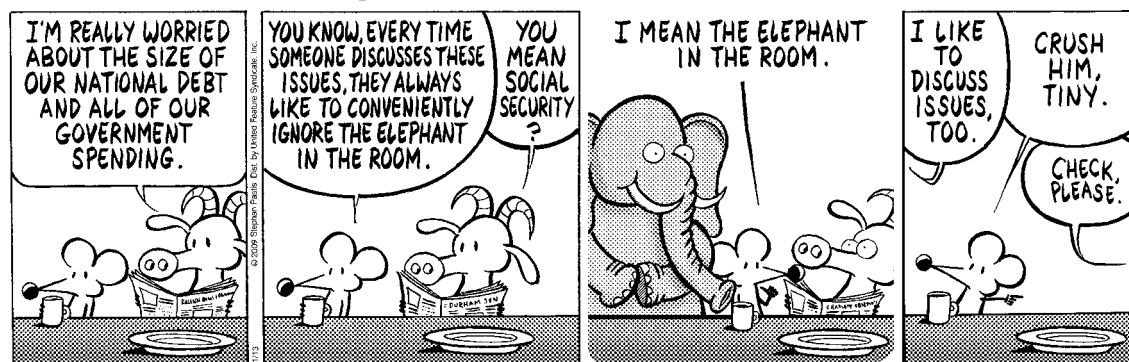
SCORPIO (Oct. 23-Nov. 21) The more organized you are, the more likely it is you'll get what you want tomorrow. Keep things in the proper order.

SAGITTARIUS (Nov. 22-Dec. 21) You may be hearing things that give you a sense of foreboding. Later on, you'll realize that rumors are just rumors.

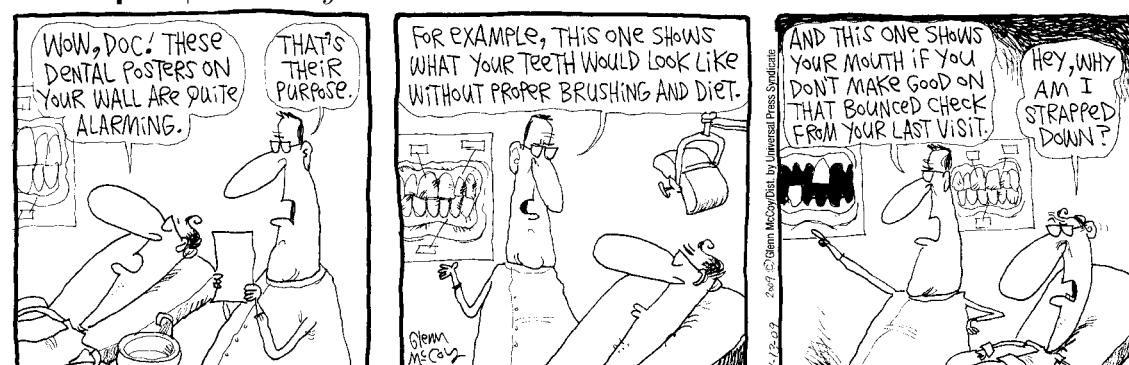
Pooch Cafe | Paul Gilligan



Pearls Before Swine | Stephan Pastis



The Duplex | Glenn McCoy



Letters

Unequipped for SmarTrip

LAST WEEK, METRO began requiring SmarTrip cards by charging multiple fares to anybody who doesn't use one and needs to transfer to get to where he or she is going. But as of last Monday, there were no places to buy SmarTrip cards at the Silver Spring station, and at the most

heavily used entrance there were only two machines equipped to handle them. One said no bills; the other said no change, no SmarTrip cards. It isn't like Metro board members (unresponsive as they are) are clueless about passengers' needs, but they're convinced that they know better than we do. Isn't it just like them to put a new system in place before they're ready for it?

—STEPHEN KOSCIESZA
Wheaton, Md.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1794 President George Washington approves a measure adding two stars and two stripes to the American flag, following the admission of Vermont and Kentucky to the union. (The number of stripes was later reduced to the original 13.)

1941 Novelist and poet James Joyce dies in Zurich, Switzerland, less than a month before his 59th birthday.

1945 During World War II, Soviet forces begin a huge, successful offensive against the Germans in Eastern Europe.



James Joyce died on this day in 1941.

1990 L. Douglas Wilder of Virginia becomes the nation's first elected black governor as he takes the oath of office in Richmond.

1999 Michael Jordan announces his second retirement from the Chicago Bulls.

LOOK

out

People



“Want two in row, DD? Fuggedaboutit.”

THEATER

Don't Stop Believing: Wise Guy Spotted on 47th Street

JAMES GANDOLFINI will star with Jeff Daniels, Hope Davis and Marcia Gay Harden in “God of Carnage,” Yasmina Reza’s four-character play about the clash between two liberal, middle-class couples. The play opens March 22 on Broadway. (AP)

LINEUP

Boss Begs to Change His Nickname to ‘First Buddy’



Beyonce, Bono, **BRUCE SPRINGSTEEN**, Usher, Shakira, Sheryl Crow, James Taylor and Josh Groban are some of the stars scheduled to perform Sunday afternoon for the president-elect on the National Mall. (AP)



SPLITSVILLE

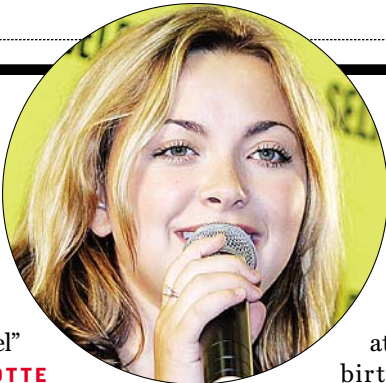
The Bride Wars II

A lawyer for **AMY WINEHOUSE**’s jailed husband said Monday his client will be seeking a divorce on the grounds of the soul diva’s alleged infidelity. Attorney Henri Brandman said he had been instructed by Blake Fielder-Civil “to commence divorce proceedings on the grounds of Amy’s adultery.” The couple married in Miami in May 2007. (AP)

DELIVERED

Singer Forgoes A High C-Section For a Home Birth

“Voice of an Angel” singer **CHARLOTTE CHURCH**, 22, and her rugby player boyfriend Gavin Henson, 26, welcomed their second child, it was announced on her Web site Sunday. “He was born just after mid-



Charlotte Church shocks the world by growing up.

night at her and Gavin’s home with Gavin in attendance at the birth,” the posting says. No name has been announced, but, the blog says, “we can confirm that he weighed in at 7 lb., 5 oz., and that mum and baby are both doing just fine.” (AP)

MC

Kenneth the Page Is Jealous

The New York Philharmonic is getting **ALEC BALDWIN** to host its weekly national radio broadcasts. The announcement of Baldwin’s selection comes a day after he won a Golden Globe for best comedy actor for NBC’s “30 Rock.” He took a red-



eye flight from L.A. to attend the Philharmonic’s news conference. Baldwin started working with the orchestra last October by hosting a program at Avery Fischer Hall. (AP)

ENGAGED

Early Ring Rumors Fumbled But Model Caught Holding

People magazine is reporting that **TOM BRADY** proposed to his girlfriend, supermodel **GISELE BUNDCHEN**, on Friday and that she said “yes.” Word of an engagement spread, and were quashed, before Christmas. An official announcement is expected this week. (EXPRESS)

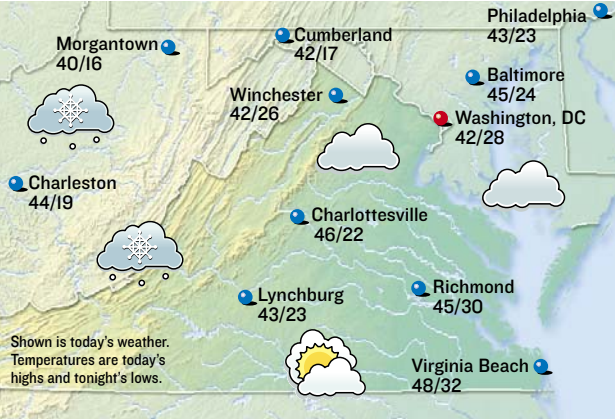


Gisele, 28, is engaged to Tom Brady, 31.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly cloudy	Becoming clear and windy	Colder with times of clouds and sun	Partly sunny, breezy and cold	Mostly sunny and very cold	Partly sunny and quite cold
42°	28°	34° / 27°	34° / 15°	27° / 14°	32° / 23°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2009

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High 39°

Low 27°

Normal high 42°

Normal low 27°

Average humidity 49%

Precipitation

24 hours ending 4 p.m. 0.00"

Month to date 2.02"

Normal month to date 1.26"

Year to date 2.02"

Last year to date 0.53"

Normal year to date 1.26"

For up-to-the-minute weather, see: washingtontimes.com/weather

Regional Forecast

D.C. Metro: Today, mostly cloudy. High 42. Wind south 4-8 mph. Tonight, clear, windy. Low 28. Wind north-northwest 12-25 mph.

Sun and Moon

Sunrise today 7:26 a.m.

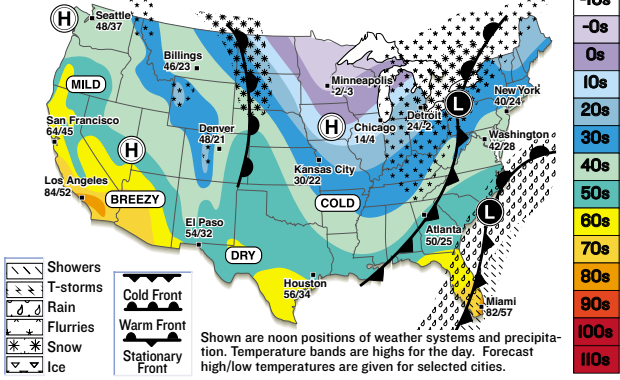
Sunset tonight 5:08 p.m.

Moonrise today 8:30 p.m.

Moonset today 9:06 a.m.



National Weather for Tuesday, January 13



National Cities

City	Today	Wed.
Atlanta	50/25/s	48/30/s
Boston	36/24/c	25/14/s
Chicago	14/4/sf	14/3/sn
Dallas	52/31/s	57/28/s
Denver	48/21/pc	44/13/pc
Honolulu	80/69/s	80/72/s
Los Angeles	84/52/s	84/50/s
Miami	82/57/t	71/55/pc
New York City	40/24/c	27/17/pc
Orlando	66/44/r	62/37/s
Seattle	48/37/c	49/36/s

World Cities

City	Today	Wed.
Amsterdam	39/36/r	41/34/pc
Athens	57/52/sh	59/52/r
Berlin	36/30/pc	38/26/s
Buenos Aires	86/72/pc	88/73/pc
Calgary	41/15/c	22/18/sn
Dublin	43/34/sh	45/39/r
Geneva	39/31/pc	39/27/sn
Moscow	27/21/pc	27/18/c
Rome	57/45/r	54/41/r
Sydney	79/69/s	84/70/s
Tokyo	50/35/pc	52/39/s

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

LOOK out

CROSSWORD | NIGHT NIGHT

ACROSS

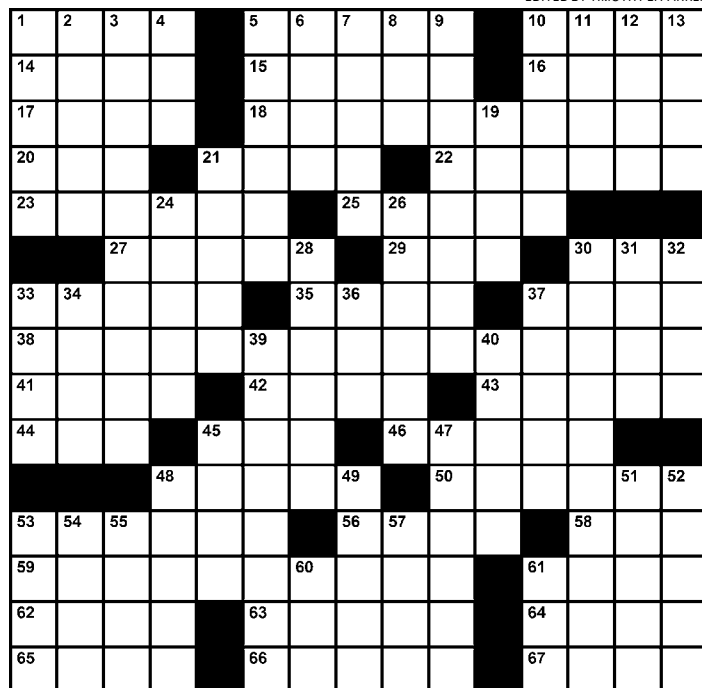
1 U-shaped section of a pipe
5 Suffering from insomnia
10 Sistine Chapel ceiling figure
14 Colorado River craft
15 Bird of spring
16 Kind of lettuce
17 Palindromic dog's name, in the comics
18 Try to doze off
20 Reason to keep playing
21 Soda jerk's creation
22 Between-flight stops?
23 Impose
25 Aborigine's weapon
27 Colt's deliverers
29 Exemplar of strength
30 Mini feature?
33 Editorial view
35 Certain pastry
37 Burkina Faso's northern neighbor
38 What an insomniac would like to do
41 Stiff and sore
42 Norse god of discord
43 South America's "spine"
44 Matter for the courts
45 Avocation, slangily
46 They used to be hot stuff
48 Aussie pals

50 Take a catnap

53 Lend a hand
56 Slangy goodbye
58 Low sound
59 Turn in for the night
61 Daughter of Cronus
62 Lip balm ingredient
63 Sri Lanka currency
64 Former student
65 Hair decorations
66 What sultana grapes lack
67 Where people get pumped up

DOWN

1 Pledge of fidelity
2 Three to one, e.g.
3 Consequences
4 Letters on the bottom of a letter, perhaps
5 Mysterious
6 Fleeced item
7 Lies adjacent to
8 They may appear on a tree
9 Prayer
10 Apt rhyme for "deplore"
11 Devices used for stamping metal
12 Help in hooliganism
13 Broadband speed letters
19 Bask in a bath
21 Glee
24 Comic strip by Ernie Bushmiller
26 "The Merchant of Venice" heroine
28 Curly, for one

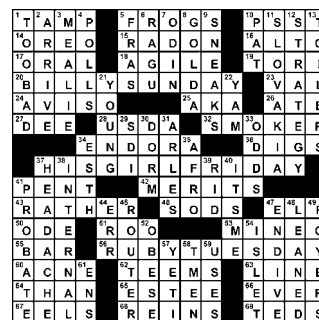


EDITED BY TIMOTHY E. PARKER

30 In an attractive manner
31 Actress Sommer
32 Errant shot
33 Swordfight reminder
34 Add liquor to
36 Old Testament vessel
37 Searched for gold, in a way
39 Butters up
40 Exuberant cry
45 Speak of harshly
47 Hair of Medusa

48 Tiny arachnids
49 "Dream" or "sea" follower
51 Rome landmark
52 Becomes frothy
53 Moby Dick pursuer
54 Missile housing
55 Warehouse
57 What a swollen joint should be
60 Whodunit writer Grafton
61 Broom Hilda, e.g.

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su[do]ku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

8	6	3	9	2	4	5	7	1
1	4	7	6	3	5	8	2	9
5	2	9	8	7	1	6	4	3
7	8	6	5	4	9	1	3	2
4	1	5	2	8	3	7	9	6
9	3	2	7	1	6	4	5	8
3	9	1	4	5	8	2	6	7
2	5	8	3	6	7	9	1	4
6	7	4	1	9	2	3	8	5

7				3	8		4	
9				2			3	
		2	8					
1				5				
4	7		3		6		8	5
				4				6
					1	3		
8			2					9
3		1	9					8

© PUZZLES BY PAPPOCOM

Are you controlling your DIABETES...

Do you suffer from type 2 diabetes and have trouble controlling your blood sugar levels even with the help of diet and exercise, with or without medication? You may want to consider participating in EMERGE—an international clinical research study exploring an investigational medication for type 2 diabetes.

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- Have uncontrolled blood sugar levels even with the help of a healthy diet and exercise, with or without medication
- Have not taken insulin for longer than 1 week during the past 6 months

To learn more about this study, visit www.emergediabetes.com or call (toll-free) 866-917-2342



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it's time to feel better



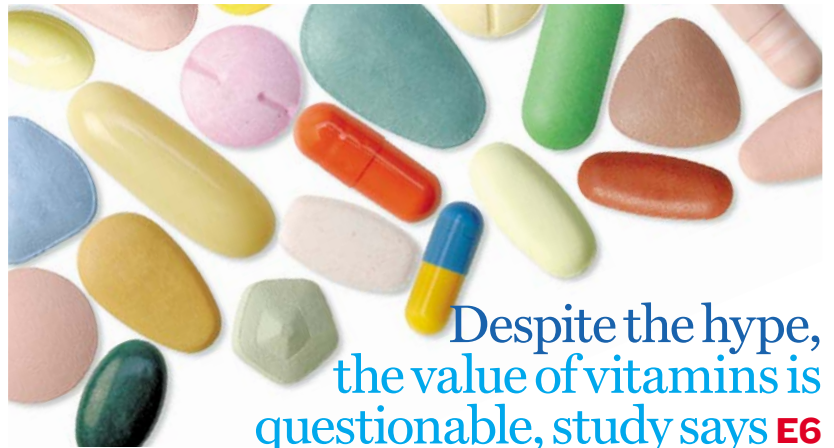
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fit



A trip down memory lane with exercise fads of the past **E5**



Despite the hype, the value of vitamins is questionable, study says **E6**

express

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Head for The Hills

WORRIED ABOUT IMPENDING INAUGURATION CRAZINESS? FLEE D.C. FOR A SKI SPREE! **E4**



BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



Stamp Out Any Expectations

Q My ex's birthday was on New Year's Eve. On a whim, I decided to send him a simple birthday card. I wanted to do it anonymously, but at the last minute, I signed my name. Was this a bad idea? — ANONYMOUS

It depends on what you hope to get out of this. If your answer in any way involves a skywriter, a love sonnet or dozens of roses, then I'd have to say no, it wasn't a great idea.

But if it was a simple and spontaneous way to establish some sort of post-breakup détente, with the acknowledgement that, most likely, nothing will come of it, then it wasn't necessarily horrible. (How's that for a ringing endorsement?) As you can imagine, there are a ton



"Ma'am... Everyone enjoys getting birthday cards. Even ex-boyfriends."

ERIC REECE

of variables here — who ended the relationship, why it broke down, how much time has passed, whether you're both involved with other people, whether it's even realistic to become friends, to what extent the whole thing resembles a Life-

time movie, etc.

Depending on the situation, your move might have been a grand slam or a strikeout. Unfortunately, Hallmark doesn't seem to carry cards to cover quite the entire range of possibilities.

Time to Grow Up, Kid Brother

Q Do you have any advice for someone who is chronically messy, late and disorganized? It seems my brother is totally incapable of being an adult, and my parents give him a free pass about everything, maybe because he's the youngest of the four of us. But he has ruined so many family functions by arriving late, and he lives in a total pigsty. We always try to go in on a holiday present for my parents, but once again this year, it was the rest of us who planned the whole thing and he neither did his part nor contributed the money he said he planned to. He has a girlfriend — I have no idea how — but other than that, he is like a child. Please help! — FRUSTRATED IN D.C.

Having advice for the disorganized person is different than having advice for the person who wants to ring the

disorganized person's neck.

If it were your brother writing, I could jabber on about taking small steps toward organization and creating realistic and specific goals. But unless he's willing to hear that, it's really hard to get it to sink in.

As for you, try to figure out what might be underneath it all. Might he be depressed? Is there the possibility of substance abuse? Serious financial problems? Try to be supportive — if he's made to feel like a hopeless case, it can make him feel it's worthless even to try. Nonetheless, it will be helpful for you to create firmer boundaries that have consequences (i.e. missing the gift deadline means he's left off the card). You might also try to develop a relationship with his girlfriend. She can perhaps help him shape up and remind you of his positive qualities.



Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.



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FLEEING COLORS

Even if your feet aren't the fastest, they'll definitely look the funnest if they're outfitted in a pair of Injinji Rainbows Toesocks (\$14, REI.com), which happen to be both eco-friendly (they're made from recycled plastic bottles) and performance-boosting (they wick moisture and fight blisters).



BETTER BEAUTY

Does your shampoo have sugar surfactants instead of sulfates? Then you're probably down with the mission of Organic Beauty (\$4.99, Organicbeautymagazine.net), a mag out every other month with stories and tips to teach you to look hot while reducing your chemical load.



STEAM ROOM

Those peel-off masks are still a better bet for slumber parties, but Clean & Clear Soft In-Shower Facial (\$6.99, drugstores) is a key solo option. Slather the stuff on your face, let the shower's steam do its magic for one minute, and then rub to exfoliate and wash off.



SWEET HURTS

Fake sugar, how we hate you! Even when you are a natural alternative made from the stevia plant. And especially when you're in the two new 50-calorie flavors of Odwalla — mojito mambo and pomegranate strawberry (\$3.29, grocery stores) — that taste like super-sweet liquified gum.

GUINEA PIG



Light Is Bright

■ The fro-yo movement must have Baskin-Robbins freaking out, since its list of 31 flavors just got a health-conscious makeover. The new BRight Choices line offers "premium churned" options with less fat and fewer calories — along with sorbet and, of course, frozen yogurt. And to convince fit folks to try it out, this Thursday is "BRight Choices Day," which is celebrated by giving a free scoop to anyone with proof of a gym membership.

It sounds like a good holiday, but is it good ice cream? We sent our frozen dessert connoisseur to the 17th Street location to take a lick. Unfortunately, the only one on the menu was butter almond crunch, above, not the desired raspberry chip. But, fortunately, it passed muster — a rich, buttery flavor and loads of nuts for a complex texture. "You could have told me this was full fat," he declared (the ultimate compliment). As anyone who's switched to Edy's Slow Churned or Breyer's Double Churned knows, it's a painless way to cut calories. But it still ain't diet food, so one scoop is plenty.

VICKY HALLETT (EXPRESS)

Travel wilder

Tips and inside info.
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GEARHEAD



ISTOCK

Hot to Trot

■ Folks headed to the inauguration can't be sure they'll get a glimpse of the prez, but they will certainly get a workout. Metro officials are asking anyone who is staying within two miles of the Mall to hoof it, and bridge closings mean Virginians may be tempted to push the limits of how far their legs can carry them.

There's nothing wrong with celebrating with some calorie burning, but Cindy Holcomb, the manager of the Bailey's Crossroads REI, wants to make sure you're outfitted appropriately. "When you talk about people having to walk and then stand, the key is layers," she explains. Start off with a pair of long underwear that can wick moisture away from your body. Top that with several articles of clothing you can pull on or off. And be sure to end with rain gear. Umbrellas are banned, so you may need it to stay dry; and as an added bonus, it tames wind gusts.

Don't forget about extremities. A hat and gloves are critical, and face masks can keep sensation in your nose. REI hawks battery-operated socks, but Holcomb prefers the less bulky option of toe warmers — wee packs that you can slip into your shoes for six hours of heat. And don't forget to stash an energy bar. After all, it's a long walk home. v.h.



COURTESY SNOWSHOE MOUNTAIN

A CHANCE FOR SNOW: Some people are making a killing by renting out their places for the inauguration, but the real moguls are skiing at places such as Snowshoe, W.Va.

Escape to Which Mountain?

Flee from black diamond Metro conditions on a nearby ski slope

Millions of people descending on the city, tons of road closures, high security, extra late-night drunkenness — no wonder the inauguration has a lot of locals thinking about heading for the hills. But the mountains might be a better idea. The D.C. area's ski season is just about in full swing, with local resorts finally getting enough of the white stuff to open the majority of their trails. And, besides, most of you have Jan. 20 off.

SNOWSHOE MOUNTAIN SKI RESORT

Billed as "the kind of change you really need," the resort's Inaugural Escape package is certainly a better deal than what any D.C. visitors can expect: It costs \$129 per person for two nights of lodging and two days of skiing.

For an extra treat, book a night-

time Snowcat tour (\$18-55), during which you'll be clued in to the secrets of snowmaking and slope grooming. *Snowshoe, W.Va., 877-441-4386, Snowshoemtn.com*

MASSANUTTEN RESORT

If you want a lift to the inaugural festivities, you can get a seat on a bus (\$79) leaving the resort at 2 a.m., heading to D.C., and returning late that night. (Hopefully.)

Or, take a lift to the Peaked Mountain Express Tube Park instead. The Tubing for Two deal is still on, which means you can ride the 900-foot-long hill for just \$9. *Harrisonburg, Va., 540-289-4954, Massresort.com*

SEVEN SPRINGS MOUNTAIN RESORT

Everyone wants to know what Barack Obama will accomplish in those all-important 100 first days as president. But you're going to be able to show off after just one day in the new Burton Learn-to-Ride snowboarding program. The small classes come with a guarantee that you'll be able to master a beginner slope by the end of the

four-hour session. *Champion, Pa., 800-452-2223, 7springs.com*

BLUE KNOB SKI RESORT

The political reference is slightly off, but that shouldn't stop you from enjoying Super Tuesday. In this economy, who wouldn't jump at \$20 lift tickets for eight hours of skiing? *Claysburg, Pa., 814-239-5111, Blueknob.com*

WINTERGREEN RESORT

Malia and Sasha Obama have played in their fair share of snow of Chicago, but if you know kids who feel powder-deprived, take advantage of Wintergreen's newly opened Ridgely's Fun Park (ages 2 and up, \$10). There's a tubing carousel, tunnels and, of course, lots of fluffy stuff for making snow angels and forts. And you want to ski, too? There's an \$87 two-day, one-night deal. *Wintergreen, Va., 434-325-2200, Wintergreenresort.com*

WHITETAIL RESORT

Talk about an excuse buster. Not up for a long car ride? It's only a quick

90 minutes away. Don't know how to ski? Awesome — there's a killer deal for beginners. It's \$70 for a lesson, a lift ticket and all rentals. Plus, you'll then have the option to buy a \$45 "Mountain Passport," which covers a lift ticket, rentals and a lesson on your next visit, along with free lessons and a 40 percent discount on rentals and lift tickets for the rest of the season. And did we mention it's good at nearby resorts Liberty and Roundtop, too? *Mercersburg, Pa., 717-328-9400, Skiwhitetail.com*

CANAAN VALLEY RESORT

A ride on the Metro will guarantee you're pressed up against other people. Bet you'd rather snuggle up with an airboard — an inflatable body board with two handholds — as it careens down the mountain. Grooves along the bottom mean you can go faster and maneuver more readily than with a tube. For those of you who are quick studies, the first East Coast airboard race will be here Feb. 7. *Davis, W.Va., 304-866-4121, Canaanresort.com* VICKY HALLETT (EXPRESS)



→ Only one inaugural event — that we know of — promises a night of trance dancing: the Om Ball (\$75, Jan. 18, 7:30 p.m., 3600 Massachusetts Ave. NW). Get more info and tickets at Inspiredyoga.com.

Ghosts of Fitness Fads Past

A look back at the clunkers — and keepers — in your exercise closet

So you've canceled your gym membership. Could it be time to resurrect some old fitness gadget you bought years ago — one of those hot, miracle products from infomercials or drug-store checkout lines promising great abs, buns and thighs? We looked at a few of the more popular workout products from yesteryear and asked experts whether it's worth digging them out or if they should stay buried in the back of the garage.

AB WHEEL

WHAT IS IT? A rubber-enforced wheel with handles that promises to tone and strengthen abdominal muscles when you grip the knobs and roll into a plank position on the ground from your knees, then roll back again.

DOES IT WORK? It can target the abs if done properly, but you'll also be risking injury, says Fabio Comana, an exercise physiologist with the American Council on Exercise. He warns against using the wheel for that reason. "You're transferring a lot of stress from the shoulders and lower back into a single wheel with two hands," he says. "As it lacks a brake mechanism, the risk for injury is greater. And mentally, we feel that if some is good, more is better — so you roll too far out. . . . It causes stress in the lower back."

VERDICT: Toss it.

AB ROLLER

What is it? Shaped roughly like a letter C when viewed from the side, the ab roller includes a headrest to support the head and neck during crunches. The user lies on his or her back, grabs hold of the top device and then rolls into a crunch.

DOES IT WORK? A 2001 study of abdominal workout equipment found little to no difference in crunches done with or without the Ab Roller. Comana does appreciate that the Ab Roller puts you in the correct position for a sit-up, but he still feels it's easy to overdo it on this machine. Muscle fatigue, he says, will mean you end up using lats, pecs and



triceps instead of the abs to curl the upper body toward the hips.

Personal trainer Justin Price also worries that it forces you to round your torso. "That wouldn't be a good idea, considering most people sit at a computer and round their shoulders forward (there already)," he says. You could set yourself up for a rounded spine and injury in the long run.

VERDICT: Toss it.

THIGHMASTER

WHAT IS IT? Made popular by Suzanne Somers in the late 1980s and early 1990s, the first version of the ThighMaster's leg press promised to help you "squeeze, squeeze your way to shapely hips and thighs." A spring-loaded hinge connected the two pieces of metal tubing, forming a V shape. Users would

place the device between their legs and press together until their knees touched. The ThighMaster could be used while lying on one side, legs parallel or sitting up.

DOES IT WORK? It will help give the appearance of muscles, but not add strength, Price says. "You'll build muscle, but it's not going to be functional in any way. That's because it works the muscles of the inner thigh in a concentric fashion, meaning it shortens the muscles." Instead, he recommends side steps and squats.

As with the ab devices, Price adds, "you can't target one thing in the body, because the body works as a whole. It's like you gave all the work to one employee. That employee has a nervous breakdown and the others get lazy."

VERDICT: Toss it.

THE STEP

WHAT IS IT? The Step is a sturdy plastic board used in cardio routines (up, down, L-step, over the top) as well as with pulleys and dumbbells for strength training.

DOES IT WORK? For those who have the discipline to keep up the pace, the step can be a great way to get the heart rate up, says Ron Eustis, who first used an egg crate when he began his business, Fearless Fitness Personal Training, more than 10 years ago.

Because stepping up and down on a raised platform is bound to get boring when it's done without the aid of a class or a personal trainer, Stevens recommends checking out step aerobics videos or inviting a friend to join you in your routine.

VERDICT: Keep it. WHITNEY FRIEDLANDER (LOS ANGELES TIMES)

TRAILBLAZER



Beat the Crowd

■ Hey, Metro riders, if you're reading this during your commute, take a sec to inhale deeply. Smell that? This is what it's like when your face isn't smashed into a stranger's armpit. You won't be as lucky next Tuesday if you decide to head into town on, say, the Orange Line.

Yet Henry Mesias isn't concerned about fighting the crowds to get downtown. Actually, he sounds downright giddy: "So many of the streets will be shut down to automobile traffic — especially downtown, it'll be smooth sailing," he says.

Has he taken crazy pills?! Hardly. As the Washington Area Bicyclist Association's program manager, he's just one of 900-plus area cyclists who logged onto Waba.org to verify that if the D.C. cycling advocacy group provided a free bike valet for President-elect Barack Obama's big day, they'd pedal to it. So, in coordination with national advocacy group America Bikes and Dero Bike Rack Company, WABA is making it happen.

The free bike valet will be provided from 7 a.m. to 5 p.m. in two locations: the parking lot on the south side of the Jefferson Memorial, and on 16th Street NW between Eye and K streets. There will be more than 1,000 spots, and cyclists will receive a commemorative bike wheel spoke card. WABA won't be coordinating rides in, but you can find route suggestions at Waba.org/events/inauguralbikevalet.php for detailed maps with starting points ranging from Bethesda to Old Town.

Don't be scared, newbies: "It will be a really great time to ride your bike in D.C.," Mesias says. "It will be the most car-free the city's been since Bike D.C." on Sept. 27. KRIS CORONADO (EXPRESS)

A Relic of the Flintstones Age

Vitamins have been put to the test, and the pills got failing grades

They were some of the most promising medicines of the 1990s — wonder pills that appeared to fight cancer, heart disease, stroke and other ailments.

Laboratory tests and initial studies in people suggested that lowly vitamins could play a crucial role in preventing some of the most intractable illnesses, especially in an aging population. The National Institutes of Health gave them the same treatment as top-notch pharmaceutical drugs, investing hundreds of millions of dollars in elaborate clinical trials designed to quantify their disease-fighting abilities.

Now the results from those trials are rolling in, and nearly all of them fail to show any benefit from taking vitamins and minerals.

This month, two long-term trials involving more than 50,000 participants offered fresh evidence that vitamin C, vitamin E and selenium supplements don't reduce the risk of prostate, colorectal, lung, bladder or

pancreatic cancer. Other recent studies have found that over-the-counter vitamins and minerals offered no help in fighting other cancers, stroke and cardiovascular disease.

Research has even suggested that, in some circumstances, vitamin and mineral supplements can be unsafe.

Some physicians now advise their patients not to bother with taking the pills and to rely instead on a healthy diet to provide needed vitamins and minerals.

"These things are ineffective, and in high doses they can cause harm," said Edgar R. Miller, a professor of medicine and epidemiology at Johns Hopkins University School of Medicine in Baltimore. "People are unhappy with their diets, they're stressed out, and they think it will help. It's just wishful thinking."

Yet faith in vitamins runs deep. The Council for Responsible Nutrition estimates that 64 percent of American adults take vitamin and mineral supplements. Despite the steady drumbeat of reports questioning their efficacy, sales have risen consistently from \$5 billion in 1995 to \$10 billion in 2008, according to Nutrition Business Journal.

Scientists remain convinced that



ISTOCK

vitamins are essential to health. But they have puzzled over how their obvious benefits could be so elusive in randomized controlled trials, the gold standard of medical research.

"You really do need vitamin E. You really do need vitamin C. You really do need selenium," said Jeffrey Blumberg, director of the U.S. Department of Agriculture's Antioxidants Research Laboratory at

Tufts University in Boston. "Without them, you die."

Blumberg and others now think that a combination of factors — including the versions of vitamins that were tested and the populations they were tested in — probably doomed the studies from the start.

Researchers have identified several reasons vitamins don't lend themselves to randomized controlled trials. Chief among them is

that there is no true placebo group when it comes to vitamins and minerals, because everyone gets some in their diet.

"For drugs, someone either has [the impotence drug] Cialis in their system or he doesn't have Cialis," said Paul Coates, director of the National Institutes of Health Office of Dietary Supplements. With vitamins, on the other hand, "there's a baseline exposure that needs to be taken into account. It makes the challenge of seeing an improvement more difficult."

A vitamin's benefit may become apparent only if people aren't getting enough of it already.

The observational studies that originally linked vitamins to better health may have been biased because people who take supplements are usually healthier overall than people who don't.

"They tend to be more physically active, better educated, eat better diets, and tend not to be smokers," Coates said. "So, you can't say for certain it's your item of interest that causes" the health benefit, he said.

The data collected by these studies aren't useless. But no one expects the NIH — or anyone else — to launch new studies on vitamins until more is understood about how to measure their effects on the body.

KAREN KAPLAN (LOS ANGELES TIMES)

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STETHOSCOPE



NUTRITION

Yup to One More Cup

■ Score another one for that morning cup of java! Japanese researchers just reported in the *American Journal of Epidemiology* that your Starbucks habit is lowering your risk of developing cancer of the oral cavity or throat. In a study of 38,000 Japanese participants over 13 years, those who didn't consume coffee had twice the risk of developing these cancers as folks who sipped one or more cups per day. This was even true of drinkers and smokers, people who are at high risk for these cancers.

PERSONALITY

Weighty Matters

■ Canadian researchers have uncovered further proof that the sexes are different: Ladies carrying extra weight are more likely to have paranoid personality disorder, while guys with junk in the trunk have a reduced risk for the exact same problem. Scientists at the University of Manitoba in Winnipeg, who looked at data from a survey of 43,000 Americans, aren't sure whether the psychiatric disorder triggers obesity in women or whether it's the other way around. It's possible a biological issue could cause both conditions.

BEHAVIOR

The Forgetting

■ Seriously, Americans, are you this dumb? According to Consumer Reports National Research Center, half of you never use a helmet while bicycling and more than a quarter of you forgo sunscreen, even when you know you have a full day of outdoor activities planned. Also, to the 50 percent of you who don't unplug your toaster after breakfast, don't forget you could cause a fire doing that.

How to Banish Blue Monday

A local life coach offers suggestions for 'Creating Your Best Life' possible

Inauguration eve threatens to rain on Barack Obama's parade. That's because the third Monday in January — aka "Blue Monday" — is the most depressing day on the calendar.

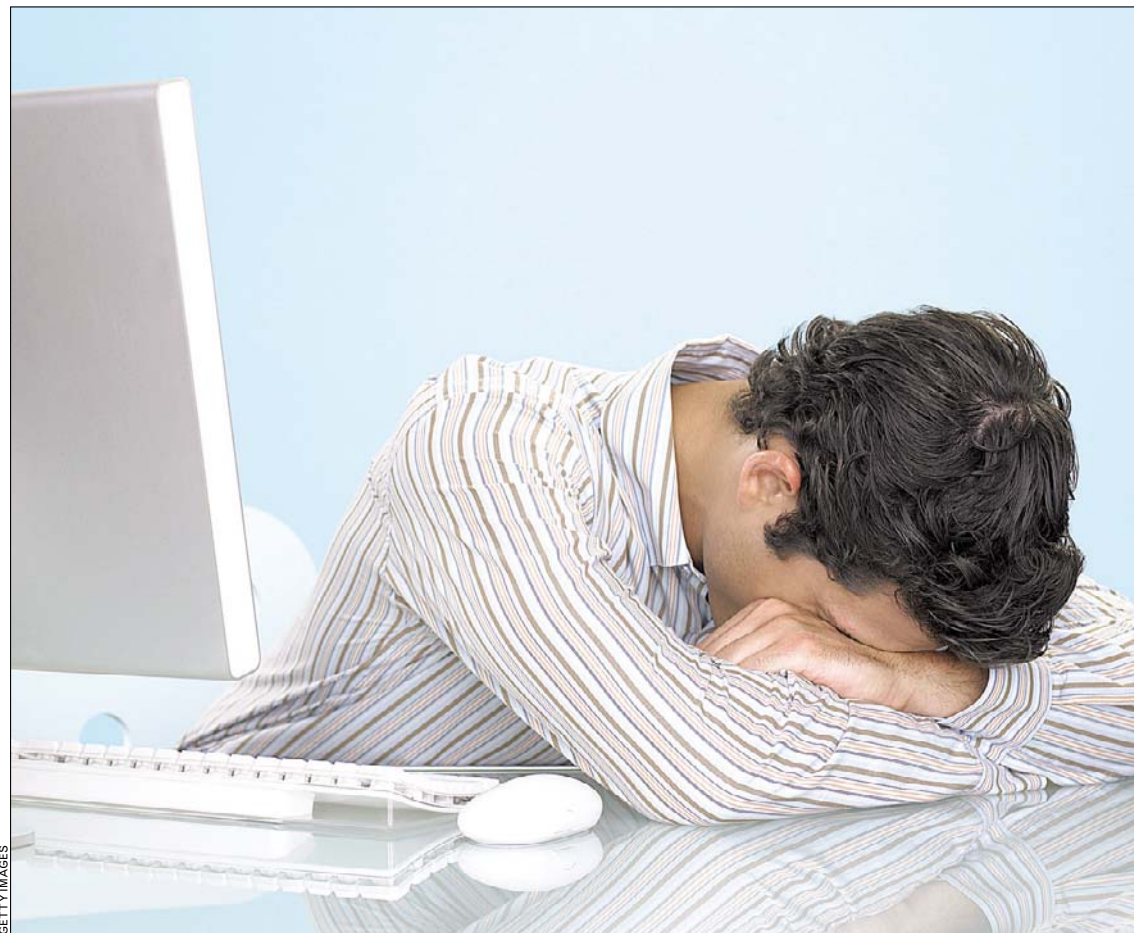
"Traditionally, it's the first day of the year when most people have broken their New Year's resolutions, they've gotten their first credit card statement, and the weather is still pretty bad," says local life coach Caroline Adams Miller, author of "Creating Your Best Life" (\$19.95, Sterling Pub Co. Inc.). "So, you've got this trifecta of terrible things going on in the outside world that conspire to make you feel pretty blue."

Find out how to harness happiness at her book signing at the Bethesda Barnes and Noble (4801 Bethesda Ave.) Thursday at 7:30 p.m. In the meantime, here's a preview.

What can we do to avoid falling prey to Blue Monday?

The most important thing to do is to not be a quitter. You have to have grit. So, if we just attack the whole issue of new year's resolutions, it's important to take a look at if that's a piece of what's making you blue. Did you set too many willpower goals? The newest research on self-regulation shows that you can only set one self-regulation goal at a time. So, if you set three, which is pretty common — stop smoking, lose weight, start exercising — you're bound to fail.

Number two, take the social contagion piece and look at who is around you who's undermining your goals. You have to take a look at the flock you're in because birds of a feather do flock together. Number three, there are seven research-tested, empirically validated ways to improve your mood: exercise; meditation; journal writing; using your strengths in new and different ways; practicing forgiveness; expressing gratitude; and finally, setting goals.



GETTY IMAGES

Will Obama-mania help?

One of the things about President-elect Obama that's really interesting, from my perspective, is that people feel hopeful. And change and novelty make the brain happier. They release certain feel-good chemicals. A piece of what's happened with the election of a man who ran on a platform of change is that people feel hopeful. Hope theory states — and it has been proven — that when people are hopeful, they think differently, they behave more proactively, they

"CHANGE AND NOVELTY MAKE THE BRAIN HAPPIER. THEY RELEASE CERTAIN FEEL-GOOD CHEMICALS."



GRAY MATTERS

Speed Thinking

■ Turn your thoughts into a race — it can lift the blues in minutes, says Princeton University psychologist Emily Pronin.

For example, when your mother-in-law is making you crazy, give yourself 30 seconds to make a list of all the ways she's been helpful to you in the past — you'll feel better fast. (If nothing nice comes to mind, quickly jot down other ways she bugs you; speed thinking negative thoughts can still improve your mood, Pronin found.) Researchers say rapid thinking may release feel-good neurotransmitters, or it could just be a helpful distraction. JULIAN KESNER (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)

think of more solutions to how to accomplish their goals.

Can we make that excitement last?

One of the most important things people can do is be accountable to other people. You can hire a coach, you can have a goals buddy, you can do a masterminds group where you invite several other proactive friends to meet with you once a month to share goals and your progress on goals. Keep your goals front and center. You also have to savor the wins along the way. You can't just have little steps that are successful and ignore them.

Where do you go to cheer up?

I Rollerblade from the Bethesda Barnes and Noble on the Capital Crescent Trail down to Georgetown, and then I rollerblade all the way back. That combines several of the things that have been proven to make people happier, including getting into a state of flow while exercising, and I listen to music, and it's beautiful scenery; I'm seeing things that I love to look at.

STEPHANIE KANOWITZ



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FREE SPIRIT, COOL CARDS: Casey Taylor Patten, co-owner of the Atlas District's Taylor Gourmet, chose business cards that were not part of a "corporate" theme. Instead, the cards playfully mimic deli labels.

You're Such a Card

DRAB BUSINESS CARDS ARE OUT. COLORFUL, CREATIVE CARDS ARE IN.

IT'S AN AGE-OLD transaction. Business Owner meets Contractor in an elevator. Contractor starts talking about his trade, and guess what: Business owner's been thinking of incorporating Contractor's work into his company. Cards — **CONTINUED ON E2**



Leader of the Pack

You don't need 'boss' in your job title to lead the way. Here's how. | **E7**



Take No Prisoners

An ex-hostage negotiator tells how to handle high-stakes deals. | **E8**

►► BY THE NUMBERS

19

THE PERCENTAGE OF WORKERS WHOSE NEW YEARS RESOLUTIONS INCLUDED "FIND A NEW JOB" IN 2009 (CAREERBUILDER.COM).

Getting Ahead

Card Tricks

CONTINUED FROM E1

nondescript white with a couple lines of contact information — are exchanged, adieus are said, a hope for future correspondence is instilled and the cards are added to the Rolodex graveyard, never to be seen again. How do you save your business card from being abandoned at the back of a wallet? Get creative.

Once the main resource to make connections, business cards have fallen by the wayside in exchange for more modern methods. The phrase “Find me on Facebook,” has eclipsed “Please take my card.” But recently, the business card has been

How do you save your card from the back of a wallet or the Rolodex graveyard? Get creative.

making a comeback.

While some people employ graphic designers to create a unique card, there are plenty of options for a do-it-yourself business project. Web sites such as Moo.com, LateNightPrinters.com, and ClearPlasticCards.com offer tools to create a card with personality, from uploading personal images, to creating a caricature of yourself or company staff for the card's design. “Let's exchange cards” has become an invitation for a cool card competition.

It's not just vanity inspiring this revamp. “What is now being realized is what people call ‘personal branding,’” says James Walker, a 22-year-old blogger and social media strategist who designed his card to stand apart. A one-of-a-kind card is a more noticeable way to brand a business. Small-business owners, freelancers, bloggers and even corporate types are catching on to the new way to fit branding on seven square inches of paper.

David Mazza and Casey Taylor Patten, owners of Taylor Gourmet Deli and Market in the Atlas District, took a creative approach when designing their cards. “We asked ourselves, ‘What signifies

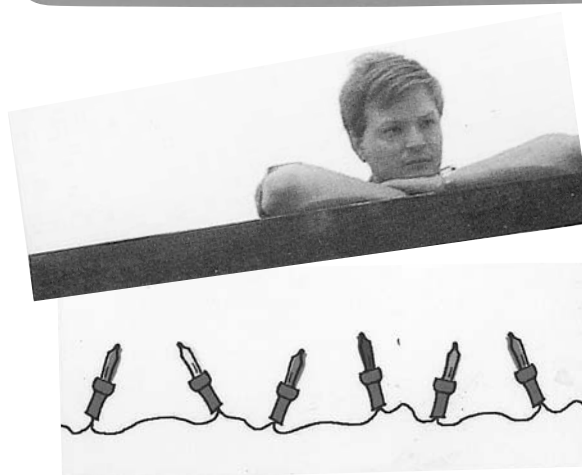


KRIS TRIPPLAAR FOR EXPRESS



NO SQUARE, NO SWEAT: Creative cards can take any shape, though the rectangle is still popular. Thinking outside the box with rounded corners and other creative shapes can add cost but also increase flair.

Now that you've got my card, don't hesitate to use it.



NO EXPIRATION DATE: Patten's deli label card has a faux bar code and includes a “price/lb\$.”

what we are trying to project as a business.”

You don't need an elaborate design to be noticed. Walker, the PR guy, kept it simple. The back of his card is bright orange and has one phrase: “Now that you've got my card, don't hesitate to use it.”

“I added a little bit of personality but never expected to get the responses that I did,” says Walker. “People are surprisingly really into my message on the back.” The seemingly subtle addition got Walker much more recognition: “It's increased traffic to my blog and it's helping me transition into my next position.”

Sometimes a slightly more out-there approach works, especially in entertainment. How does comedian Jason Saffer, aka Jolene Sugarbaker, the Trailer Park Queen of Washington, D.C., design his character's cards? He staples packets of “real trailer park” dirt to them.

“I was, like, ‘What can I create that people can take with them?’” Saffer says. “I figured if people need good-luck charms, they can have the dirt right there and have them enter the power of the park.” So, he asked trailer parks across the coun-

a deli?” says Patten. “We started looking around the kitchen.” With the help of their friend D.C.-based designer Eduardo Garcia, Patten and Mazza made a card to match the Taylor Gourmet's sandwich labels. At a glance, it looks like a standard packing label, but look further at the little details: The “packed on” date is when Taylor

opened, the “sell by” section holds the contact numbers and e-mail addresses. A bar code, net weight, price per pound, and total price make the card a spitting image of Taylor's labels. “We wanted to identify ourselves before we launched, so once the public could recognize us we can generate more business,” says Mazza. When the two debuted

the cards at an Oktoberfest event on Barracks Row, they thought they would hand a couple out to curious folks. They dropped about 500 of them. “People went nuts,” says Mazza.

“What works for our cards is that we grew this organically,” says Patten. “We have no corporate identity. This goes with who we are and

Getting Ahead

try to dig up some dirt and ship it to his home in Alexandria, where he films Jolene's videos. The response from Sugarbaker's newfound fans has been almost overwhelming. "People want the cards, and they ask me to mail them to them," he says. "They say, 'Oh, you got Jolene's dirt.' It's kind of like an 'in' club."

Graphic designer Alice Ashe was looking for a way to get her work out. So, she made her Web site portable, through mini-portfolios. Ashe found her inspiration in her father, who used a similar tactic while working as a freelance photographer in New York.

"He used to ... hand people 4x5 prints he had made and write his info on the back," Ashe says, "so I decided to create a portfolio at a glance." She printed out a 10-page, two-inch book that displays her marketing, magazine, report and logo samples.

Ashe says the creative cards cut out the need for a computer middle-man: "Clients like the fact that they

can see my work up front without having to go home and go online, and they don't have to put in the

effort of looking themselves." The mini-portfolios have gotten quite a response, and clients are asking

Ashe where they can create one for their own business: "I gave one to a client, the director of a business

association, and she wanted to use the mini-book as a promotional tool for her businesses."

Expect more creative business cards to crop up in wallets soon.

Word of mouth has put Moo Cards on the map (Moo.com); on its Web site, you can browse a gallery of quirky and modern images, or import your own. "I was attracted to Moo because you can upload photos from your Flickr account or home computer and have a different image on every card," says Carolyn Sewell, a graphic designer in Arlington. "It allowed me to have my business cards reflect my blog photos."

There are many options to make an immediate first impression for a business during a card exchange. Go out and create a card that defines the company and garners attention. "Business cards have been around for a long time, and now is the time to think differently," Saffer says. "Now people can say, 'Look at this: I got some trailer-park dirt.'"

ROBYN MINCHER



READ MY CARDS: Carolyn Sewell put a different image on each card she ordered, showing off interesting typography.

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Getting Ahead



HEALING TOUCH: Anne Alden uses Kabbalah to do meditative healing with clients.

Spiritual Boot Camp

Sans red strings, a semi-retired Christian lawyer takes up Kabbalah

Four or five times in a decade, Anne Alden had asked several psychics the equivalent of "What should I do when I grow up?" Often, the answer was that she was meant to be a healer.

"I dismissed that," says Alden, who was a government lawyer for 30 years. "I didn't really understand it, so I pushed it to the back of my mind."

After graduating from Emory University's law school in 1970, Alden took a job at the Securities and Exchange Commission. She spent most of her career at the National Labor Relations Board reviewing judges' decisions and advising board members on how to rule.

In the late 1990s, Alden gradually felt pulled in a spiritual direction. Wanting to process feelings from her divorce, she consulted a Kabbalistic healer recommended by

a friend. Alden describes this brand of interpersonal therapy as derived from Kabbalah, the ancient theology of Judaism, rather than from Sigmund Freud.

As a parish caregiver at St. Mark's Episcopal Church on Capitol Hill, Alden also volunteered in the chaplain's office at Sibley Memorial Hospital. "Dying people will tell you their life story," she says. "That was never hard for me." Strangers and acquaintances had often done the same.

In 2001, a few months short of retirement and "itching to do something different," Alden started meeting with the church rector about attending seminary. Two months into this discernment process, she sat down with the bishop of Washington. "She talked about obedience," Alden recalls, "and I had a visceral reaction that I'd be substituting one bureaucracy for another." The priesthood was out.

Alden, still seeing her friend's counselor, then asked about Kabbalistic healing. "She said, 'I knew you were a reluctant healer,'" Alden says. That conversation led to her to explore the Society of Souls

**Change
Artists**

Getting Ahead

(908-236-0543, Societyofsouls.com), a school and community founded in 1990; classes are held at the Hilton Woodbridge in Iselin, N.J. Just after Sept. 11, 2001, she drove north to attend her first session.

Classes consist of lectures, meditations, exercises and hands-on practice; students form their own discussion groups. "Conceptual work is always followed by practical application of the work discussed," the school says. "This commitment to self-growth is a central feature of our training." Admission is by interview. Basic tuition ranges from \$3,800 to \$4,200 depending on year of study.

Alden's class included Christians,

Jews, Hindus and Buddhists who have remained bonded after years of interaction by e-mail and phone. They traveled to Iselin four times a year for five days.

"I learned to use Kabbalah for wholeness and wellness in working with clients," Alden says, describing the Kabbalah's Tree of Life as a representation of the human psyche. For example, she says, one branch on the tree represents loving-kindness (if broken, it's chaos). Another is boundaries, structure, and principles (if broken, a person feels constricted). People have a need to connect with others and themselves, Alden explains. If that part of them is unhealed, the result is addiction or other inappropriate

The Tree of Life represents human psyche. Two branches are loving-kindness ... and boundaries.

responses.

The first year of their three-year Introduction to Kabbalistic Healing was "spiritual boot camp, training your ability to meditate deeply and hold more than one thing at a time in your consciousness." The next two

years focused on connecting the Tree of Life to clients' needs.

Alden took a fourth year in advanced spiritual, emotional, mental and physical healing. "We get at the physical mainly through the spiritual," she says.

In 2004, Alden began seeing clients in her Pentagon City home. "We talk for an hour, and I diagnose where the client is out of balance, where on the tree we need to work. In five or 10 minutes at the end, the client sits quietly while I do meditative healing, holding them in a certain state of consciousness."

Clients may feel a change at the time or over days or weeks. "They describe it as feeling more clear and empowered," Alden says. "Some

people arrive in tears, and later their eyes light up and they feel better. It's better and faster than psychotherapy."

One plus of being semi-retired is not having to follow rules. Alden sees clients part time; she also knits and shows her work at craft fairs, a pursuit that began when a woman at G Street Fabrics admired a scarf Alden was wearing. She will have a booth at Fairfax's Chocolate Lovers Festival on Feb. 7.

Is Alden knitting together Christianity and Judaism these days? "The Kabbalah work is a tool. There's no conflict with practicing Christianity," she says. "I believe in the universality of all religion."

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And the Beat Goes On

Drumming classes in Takoma Park offer stress relief and lots of noise

DECEPTIVELY TRICKY: That could be the best description of djembe drumming. The West African drum has only, "like, six tones [to] learn," says student Meredith Dalton, yet combining hand movements to make complicated rhythms — while someone else is drumming a different beat — requires coordination and concentra-

tion. In Jaqui MacMillan's six-week Drum for Joy class, students start as beginners and end able to play a song from start to finish.

The Basics

MacMillan starts students off with simple rhythms, but soon they're full-speed ahead. And it *is* Drum for Joy, ("not Drum for Talent," student William Winston cracks), so, sometimes students just pick a beat and run with it, filling the classroom with a sound strong enough to shake light fixtures.

Crash Course



NO HO-HUM DRUM: Djembe drumming is fun alone but great as a group activity.

What You'll Learn

MacMillan has honed her curriculum over 15 years: She chooses a "performance"-style African song (traditional songs can last for hours) and takes her students through it, line by line. She'll call out the next rhythm, and it's up to students to follow along. "It doesn't take a lot to learn how to do a drum," Dalton says, but "it's also kind of hard [to master]."

What's the Deal?

MacMillan's class is offered at the House of Musical Traditions' teaching studio in Takoma Park. Six one-hour classes cost \$120. Most students buy a drum, but loaners are available. **RACHEL KAUFMAN**
Drum for Joy, House of Musical Traditions, 301-270-9090, HMTrad.com.

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TAKE ME TO YOUR LEADER: Kristin Ferragut attended a leadership seminar at Montgomery College. She networked with other nonprofit leaders and learned to collaborate.

Following the Leader

How to become the top dog, head honcho or kingpin at your workplace

Moving up in the office can be full of “Working Girl”-esque backstabbing and power trips. It can be a demoralizing prospect. But you don’t need to wait around for Harrison Ford to notice you. All you need is to brush up on your leadership skills.

“Leadership” means everything from public speaking to handling one-on-one situations, and they’re not just for job applicants. They’re important to hone while on the job as well, especially if you’re eyeing that corner office. But don’t worry: You don’t have to act like “The Office’s” Michael Scott or be per-

manently tied to your BlackBerry — heck, you don’t even have to own one of those clicky Newton’s cradle things — to turn yourself into the piper of your workplace.

Rosemary Haefner, vice president of human resources at CareerBuilder.com, says the definition of leadership is broadening. Volunteer work, class projects and even athletics show experience working with others, which is important for all leadership styles. In short, ruthlessness is on the way out.

“Many people think you can only be a leader if you’re running a team or if you’re wearing a management patch,” she says. But, it turns out, employers are often looking for people who can work with others on group projects, not just take charge.

Kristin Ferragut is the education director of the Marcia D. Smith School, a Montgomery County facility for students with mental disabilities. Early last year, Ferragut attended

“Many people think you can only be a leader if you’re running a team.”

ROSEMARY HAEFNER, CAREERBUILDER

the Nonprofit Leadership Institute at Montgomery College. She went in thinking leadership involved “a very charismatic [person] who leads in a telling-people-what-to-do way. I left thinking that leadership is more of a collaborative process.”

Since completing the course, she’s focused on trying to make sure her nine employees feel like they have a voice during the “many meetings” held at the school.

Another way to take charge is to ask for help. “People love to be asked,” says Tim Kime, CEO of Leadership Greater Washington. “Business is about working with people that you care about and that you trust.”

Leadership Greater Washington brings executives from D.C.-area companies together to encourage them to work together on projects. Kime says he’s had the opportunity to observe all kinds of leaders, and there are no specific characteristics. He has seen outgoing and take-charge leaders and others who are quieter and lead by example. “I wouldn’t put it all in one particular

box,” he says.

But there is one thing good leaders have in common: self-confidence.

Kime says anything that boosts confidence will improve leadership, whether it’s taking a public speaking class through Toastmasters or chatting with company executives around the water cooler.

And charisma?

Stop worrying if you don’t think you’re a natural-born leader.

“Charisma is, I think, a little bit learnable,” says Barbara Bird, Ph.D., an associate professor at American University’s Kogod School of Business. “Some of us are never going to be Barack Obama, but we can be just an eensy bit more [compelling].” And talent isn’t that important, Bird says. “An aptitude [for leadership] doesn’t mean you will become a leader, and it doesn’t mean you can’t develop aptitude.” In other words, stop worrying if you don’t think you’re a natural-born leader, and work on building concrete skills.

Angela Garzloff decided to enroll in a class offered by the Texas-based Leader’s Institute after a recent promotion at her company — the Fairfax, Va., division of Spinal Motion — put her in charge of the whole office. Although the class lasted only two days, Garzloff says it boosted her self-confidence.

“They taught us 28 effective communication skills,” she says. “Now I will have the challenge of implementing those guidelines in my everyday work habits.”

Although a corporate restructuring has taken place since she attended the workshop, Garzloff says it served as a good reminder to show enthusiasm and establish trust with employees.

“I think building on your leadership skills and improving them will help you to gain the confidence of others,” Garzloff says. “If you exude that confidence, they will accept that you are the expert on that topic, and they’ll come to you for questions and advice instead of being hesitant and going elsewhere, or maybe not doing it at all.”

RACHEL KAUFMAN (ADDITIONAL REPORTING BY EMILY BARTON)

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Getting Ahead



LIKE '24,' BUT COOLER: Chris Voss spent seven years as a hostage negotiator.

A Hostage To Fortune

A an ex-negotiator for the FBI talks cooperation and business deals

Few people understand negotiation like Chris Voss. Trained by the FBI in hostage negotiation, Voss served as the U.S.' lead man on international kidnapping cases, spending years trying to convince bad guys from Afghanistan, Haiti and Iraq to relinquish their captives. Now the D.C. resident has started a consulting company, Black Swan Group, that coaches businesses on negotiation techniques. **AMANDA ABRAMS**

How did you get into this business?

I'd wanted to be on a SWAT team, but I wound up joining the police department instead as a result of knee problems. But I'd heard of hostage negotiation, so, eventually, I presented myself to the supervisor. She was suitably unimpressed with me — I had nothing on my resume at all — and gave me her standard advice: "You need suicide

hotline experience."

Suicide hotline experience?

There is no better training; nothing else comes close. Most hostage negotiation is crisis intervention that comes from active listening. It includes elements like emotional labeling, paraphrasing, effective pauses, open-ended questions, and "I" messages. The whole thing [relates] not only to what's being said but the way someone says it. Really good active listening sounds a lot like conversation, but it's not.

So, did it help?

[A]bout a year later, I came back and the woman said, "Oh, you did it? I tell that to everyone, and nobody does it." I went from fifth in line to first and got the next slot. I went to the FBI's two-week school, which is the equivalent of a semester course. We learned the fundamentals of crisis negotiation, including team structure.

What are some of the basics of negotiation strategy?

The negotiator creates parameters

Getting Ahead



LAWRENCE LUK FOR EXPRESS

'NEGOTIATION IS NEGOTIATION': Now Voss teaches businesses how to play nice.

so that he's seen as advocating for the hostage taker. Even if the hostage taker asks for something simple like a glass of water, the negotiator acts like it's a difficult task so that when it's actually accomplished, the hostage taker feels a debt. That's one of the most fundamental human responses. ... It's manipulation, but I believe you ignore human nature at your own peril. Also, lying is really bad. Credibility is a negotiator's No. 1 asset and should be protected at all costs.

Did you have any cases that were really close calls?

I was in charge of a case [in 2001] in the Philippines, the Jeff Schilling case. The main bad guy there, Abu Sabaya, said at one point, "Jeffrey will be executed for his sins." ... We thought there was a very good chance they'd kill him. But the group, Abu Sayyaf, was very media-conscious. ... We thought a big media blitz might be good. ... Eventually, Sabaya called and said "Jeffrey's mother's here; we're not going to kill him." A week later, he escaped.

It must be a stressful job.

Yeah, stressful or exhilarating. ... I used to go to my son's football games and I'd be there in the stands with a cell phone in my hand, working on some case. I loved being in the middle of that, taking calls in the middle of the night. It's highly addictive.

Why did you leave?

I'd been there seven years, and that was long enough. I definitely miss the work, but the [coaching] business is an extension of it.

What's it like starting a business up from scratch?

It's like taking an airplane down the runway. But it's going really well. In mid-November, I guest-lectured at the IMD business school in

Lausanne, Switzerland — it's the top-rated business school in the world — at an executive education course on leadership. I've been invited back to teach negotiation in February. I'm also starting to collaborate with a top-level executive coach in Germany, teaching negotiation to his clients. And there's an international organization of CEOs, Vistage, that's invited me to speak.

What do you talk about?

Negotiation is negotiation: In one situation, you might have a hostage taker with a deadline and a demand. In another, an employee comes in and says, "I want a promotion now or I'll quit." He has a demand and a deadline right now, and the question is how to respond. The objectives are the same: Establish a relationship, get to the root of the issue, get emotions out of the way, and work collaboratively.

I was thinking business negotiations would be about things like mergers and acquisitions.

Even in that case, they break down over ego issues. Why can't the CEO whose company just got bought accept a role that's every bit as important but has a lesser title? The real dynamics are the intangibles, the emotions. People get their hearts set on an objective that doesn't work out. How can you collaboratively discover a way forward?

Do you think that your skills are applicable to average people in the working world, too?

Good negotiation is about figuring out how to come up with the best arrangement for everyone involved, finding where your relationship fits better. The real adversary is not the person at the other side of the table; it's the situation. The question is: How can we partner up so both of us can thrive?

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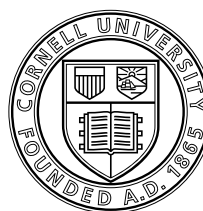
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Getting Ahead

Print Is Not Dead

A Frederick-based used bookstore is betting on pulp instead of pixels

"That's about a million books on those shelves," Chuck Roberts says.

The owner of Wonder Book and Video is standing in a 54,000-

square-foot warehouse in Frederick, Md., waving an arm toward what looks like a combination of the world's biggest bookstore and a grungy aircraft hangar.

Eight-foot shelves, housing the used books Roberts sells on the Internet, stretch as far as the dust-filled eye can see.

In 1980, when Roberts opened his first store that sold used books,



AVID READER, MAYBE: Chuck Roberts, the owner of Wonder Book and Video, has a million books in his Frederick warehouse.

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Getting Ahead



PHOTOS BY KATHARINE FREY/TWP

← **A SMATTERING OF EVERYTHING** Interesting photos and other items found in boxes of books decorate Wonder Book's Frederick, Md., warehouse.

book called "The Iron Time Bomb" from a box and puts it on a nearby cart. "Looks like it would be a good Internet book," he says. Other possible categories: stock for the retail stores; books to be shipped overseas; collectibles whose pricing requires extra research; and something Roberts calls "interior decorator."

Roberts will buy just about any collection of books if the price is right — and he really, really hates throwing them out. Even if that means selling to clients who care only about their covers.

"These are books by the foot," he says, pointing out stashes pre-sorted by color. Nearby, a huge carton of earth-tone books is being assembled for a decorator who specified "anything from off white to dark chocolate."

No decorators want mass-market paperbacks — but Roberts won't throw them out either.

"We sold a whole bunch of these to Brazil not long ago," he says, gesturing toward a carton brimming with the likes of John Jakes and James Michener. The price: maybe 10 cents a book.

Are we talking obsessive book lover with clutter issues or savvy businessman? Whatever the explanation, it produces interesting side effects. There are 16 bookcases in the warehouse's men's room.

The Wild West came to Wonder

Book in November 1997, in the unlikely form of a book called "History and Development of Holstein Cattle in Frederick County, Maryland 1922-1964." It was the first book Wonder sold online, and it went for something like \$45, to a customer in Hereford, England.

Frederick dairy cattle! England!

He put more books online. The books kept selling. "So, we put more resources into what we saw was going to be the future of bookselling," Roberts says.

Are we talking obsessive book lover with clutter issues or savvy businessman?

Six years later, the euphoria has faded some.

Wonder is privately held, and Roberts won't disclose annual sales figures, for competitive reasons. But he notes that, while Wonder's gross from Internet sales has more than doubled since 2005, prices have dropped sharply.

"I mean, we're selling them for as low as 50 cents now, which a few years ago I never would have dreamed," Roberts says. "It's pure supply and demand."

"I think brains are getting rewired," says Kline, a young Wonder employee who admits to reading less himself. In an instant-gratification world, "reading a book is an event now" and not, as it once was, "the basic form of entertainment."

There are still plenty of books and buyers out there, and used books offer attractive value in a recession.

"We tend to do OK during tough times," Roberts says. Besides, "I can't see reading off a Kindle in the bathtub or at the beach."

Is he still optimistic, then, about the business that's filled his warehouse — the business he's spent a lifetime building?

"Oh, in the near future, yeah," Roberts says. "Ten years at least."

BOB THOMPSON (THE WASHINGTON POST)

he built his own shelves.

How did he get from there to here?

To Roberts, "the Web book business is literally the Wild West." And if you can't beat your competition to the draw — by rethinking the way you operate "every six months" — you're dead.

On the first Monday in December, the company filled 2,740 orders, breaking its single-day shipping record. (A year before, that number was 1,171.) More such days would follow, pushing the all-time high to 3,134. Now, Roberts is striding down a warehouse aisle, trying to explain this Internet thing.

Here's a book by Raymond Carver that you've somehow never seen. It's called "No Heroics, Please," and you want to buy it right now. But the warehouse isn't set up to deal with buyers in person. You could schlep over to one of Roberts' two brick-and-mortar stores, in Frederick and Hagerstown, Md., but they carry far fewer titles. Time to go online.

You visit one of the major sites on which Wonder and thousands of other dealers, large and small, list used books: Alibris, say, or Amazon or AbeBooks. Alibris has a few dozen copies of "No Heroics, Please," starting at \$1.99. Wonder's copy, at \$2.10, is third from the top — but the first two sellers are out of state, so you pay the extra pennies, hoping to get your Carver fix faster.

The next morning, one of Wonder's 30 or so warehouse employees will print out a fat stack of orders. Using the number assigned to Carver's book when it arrived at the warehouse, someone will pull it from the shelf. By day's end, it will be in the mail — and there will be a couple thousand books' worth of warehouse room for Roberts to refill.

Wonder gets a lot of books from people who bring them to its stores to sell. Roberts also makes "house

calls" to bid on personal collections. Wonder buy batches of "hurts" — new books, sometimes damaged but mostly not, that bookstores have returned to publishers. Sometimes it scarfs up whole inventories from deceased bookstores.

Then comes Roberts' favorite part of the job. He'll stand for hours at a sorting table, determining the fate of the books that come in every day.

Decisions must be split-second. He pulls a copy of a health



SHOULD IT STAY OR SHOULD IT GO? Employees sort through the chaos at Wonder Book, deciding each book's fate.



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